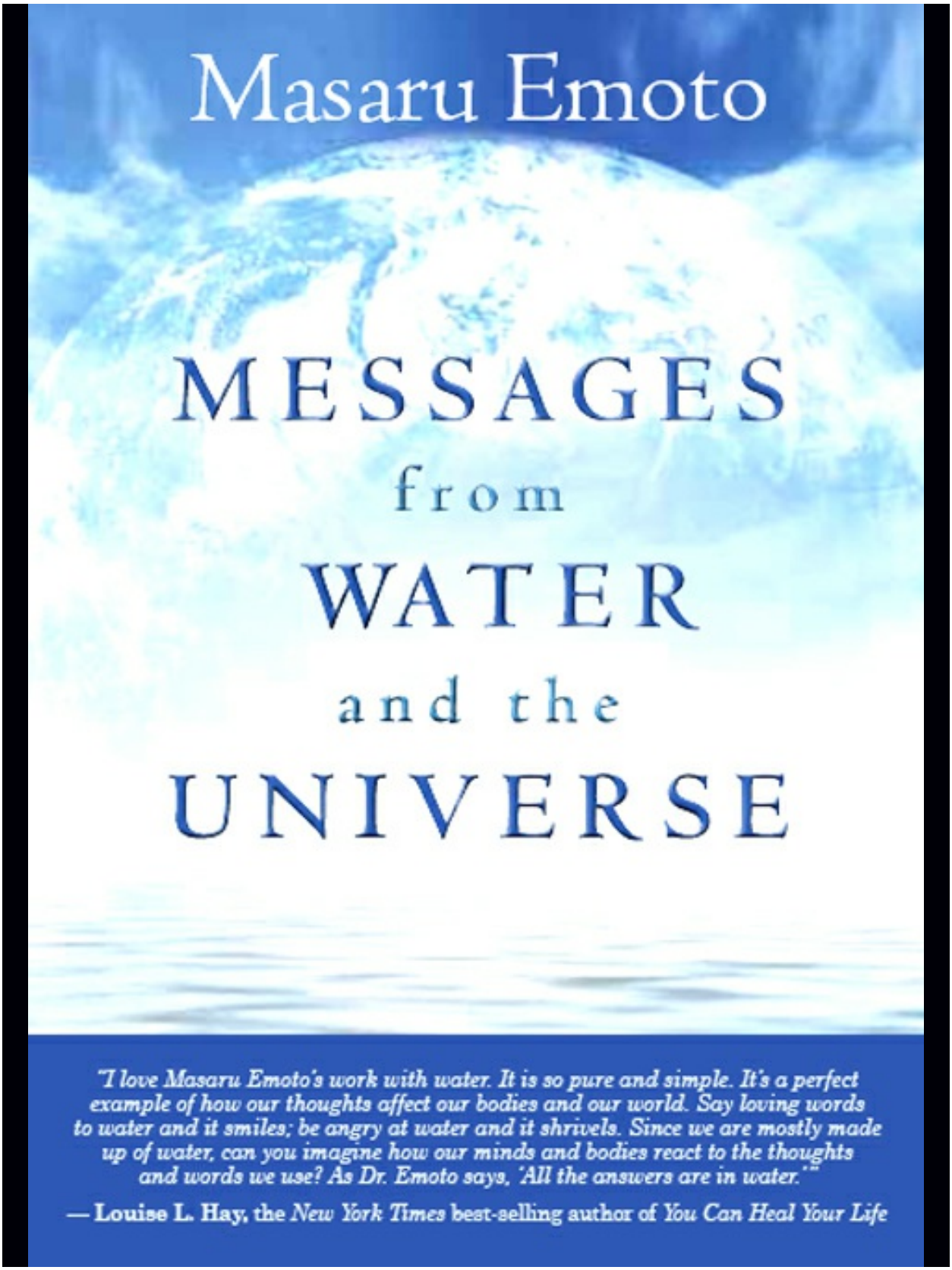
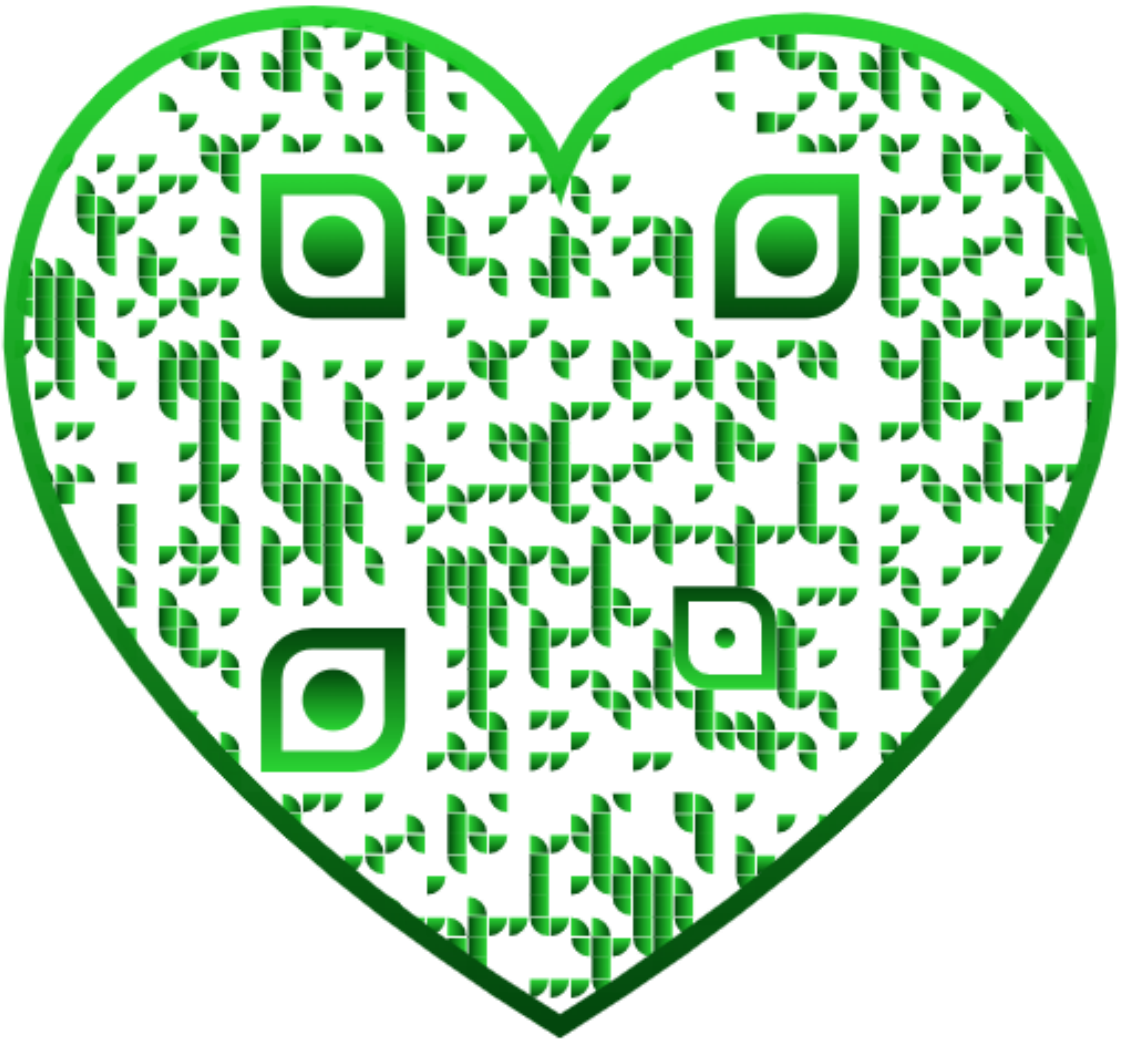

Masaru Emoto
MESSAGES
from
WATER
and the
UNIVERSE
"I love Masaru Emoto's work with water. It is so pure and simple. It's a perfect example of how our thoughts affect our bodies and our world. Say loving words to water and it smiles; be angry at water and it shrivels. Since we are mostly made up of water, can you imagine how our minds and bodies react to the thoughts and words we use? As Dr. Emoto says, 'All the answers are in water.'"
— Louise L. Hay, the New York Times best-selling author of You Can Heal Your Life



MESSAGES from WATER and the UNIVERSE

MASARU EMOTO

HAY HOUSE, INC.
Carlsbad, California • New York City
London • Sydney • Johannesburg
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INTRODUCTION

It has been 15 years since we succeeded in taking the very first photograph of a water crystal.

It took more than two months to get that image after we started the experiment. I still remember how deeply moved my staff and I all were when we finally captured it on film. When we developed the photo, a beautiful hexagonal crystal appeared. I was captivated by its beauty, and since then, my team and I have continued taking many water-crystal photos.

Of course, we all know that water is transparent and has no taste, smell, or color. What's amazing about water is that it is able to show us myriad "faces" depending upon the condition it is in or the information it is given.

For example, we discovered that for the most part, springwater, groundwater, and water samples taken from the upper stream of a river form beautiful crystals. On the other hand, samples taken from tap water, rainwater, and the lower stream of a river formed misshapen or uneven crystals.

From there, we came up with the idea to take photos of water crystals after the water was exposed to specific kinds of music or written words. Words and phrases that are based on universal truths, such as *thank you* or *love and gratitude* formed lovely, symmetrical hexagons. But water that was exposed to negative words or phrases, such as *you fool* or *war,* produced ugly, misshapen crystals.

And similar to our experiment with positive and negative words, gorgeous crystals appeared when we exposed water samples to classical music such as *Symphony No. 6 "Pastorale"* by Beethoven or *Swan Lake* by Tchaikovsky. But when we exposed water to a heavy-metal song, the crystals were broken up into tiny pieces. (The particular heavy-metal song we used contained some negative lyrics, which seemed to affect the crystal's formation.) I was quickly learning that in every occasion, water reproduced the given information faithfully and revealed it in the shape of its crystals.

As a result of much research, I've come to believe that water indeed has the capacity to memorize and transfer information; and the photographs of the crystals were the proof, confirming that my belief was correct. For the next several years, my staff and I took countless water-crystal photographs in

my laboratory every day. I was inspired to share the messages of water with as many people as possible.

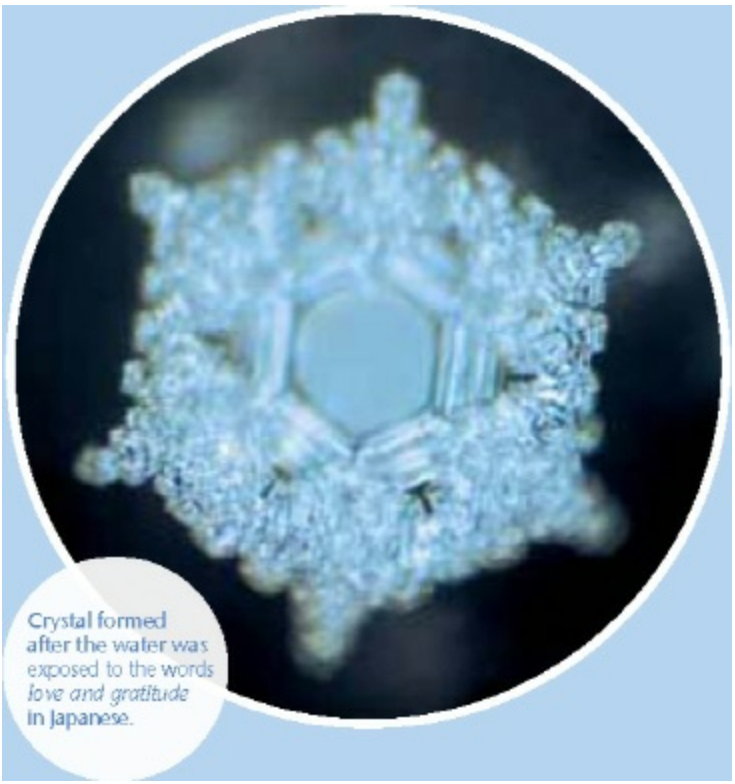
This wish was realized with the release of my book *The Message from Water*, the world's first photo collection of water crystals. But it almost didn't happen, as one publisher after another turned down my manuscript proposal. Finally, my wife and I self-published it through her company; and since this isn't the typical distribution route, it fell to us to take care of all the packaging and shipping to deliver copies to everyone who ordered them.

However, *The Message from Water* elicited a great response throughout the world that surpassed my expectations. (We released both Japanese and English editions, which made it available to even more people.) To date, my books have been translated into 45 languages, and three million copies have been sold. I've been invited to speak in many countries, and I've held more than 1,000 seminars in and out of Japan. The one drop of water I offered all those years ago made big ripples around the world, and I'm still feeling the amazing effects!

My book, The Message from Water, published by Hado Kyoiku-Sha in 1999.

Water-Crystal Photography

Here is a brief explanation of the process: Photos of water crystals are taken when a drop of water in a petri dish is frozen. Because it melts quickly at room temperature, my staff has to bear the cold of minus 5 degrees Celsius in a specially refrigerated room in order to successfully photograph the samples. Tens of thousands of photos have been taken as a result of those efforts. Among all of the pictures, the most beautiful crystal, in my opinion, is the one that was exposed to the phrase *love and gratitude* for 24 hours.



Take a look at the photo on the previous page. What do you think? To me, it resembles an open flower and emanates a mysterious and graceful light. I don't think this kind of magnificent beauty can be created by any human being. Even after examining thousands of photos, this is the one that captured my heart, but I wondered how those simple words could give birth to such an exceptionally elegant crystal. This became the burning question that I had to solve at any cost. Looking back now, I realize that the last decade has been dedicated to finding the answer.

In recent years, I've finally reached a conclusion. And within it, there's an important message that is the theme of the book you're now holding in your hands. I'm going to share what I've learned about the truth of the crystal of love and gratitude, and this message couldn't have arrived at a more perfect time.

The world is in turmoil, as a great turning point is approaching. Many of us are already experiencing the various problems that humanity is facing, such as the economic crisis, diminishing natural resources, or newly emerging diseases that threaten our health, to name a few. A lot of people are simply at a loss when it comes to how they should live in this chaotic world.

However, everything becomes clear if you listen to the messages taught by water.

I believe what causes our confusion is the fact that we haven't learned the authentic nature of the world or the essence of living, but this wisdom is revealed in water.

Since I was a child, I've wondered about these seemingly simple questions: "Where did I come from?" "What is my purpose?" and "Where am I going after I die?" I've never stopped looking for answers; and when I "met" water at the age of 43, I dedicated myself to studying it and have been deeply absorbed by its power ever since. In the course of seeking the truth, I've discovered the answers to those fundamental questions. Further, I was led by water to develop my own understanding of the way of life that can bring the greatest happiness, and even how the universe itself was created.

The biggest catalyst for me was gazing upon the crystal of love and gratitude. Water taught me that those words shine most beautifully. In fact, I think they're the key words in the coming age of the great transition. Love and gratitude make up the essence of life.

As I travel the world and meet new people, I refer to those who shine with the light of love and gratitude as *Aikansha-bito* ("beautiful humans of love and gratitude"). When everyone on Earth embraces these values, we'll be surrounded by this spectacular, eternal shining light.

My hope in sharing this message from water is to touch your heart so that you experience peace and healing through love and gratitude. And I would like to dedicate this book to you for that day when you'll be born again as *Aikansha-bito.*

WATER IS THE MESSENGER OF GOD'S WILL

All the Answers Are in Water

Just as I questioned it, you may be wondering, *Why does the water that was shown the term love and gratitude create the most beautiful crystals?* Let's think about this in reference to a certain famous painting. Are you familiar with the fresco on the ceiling of the Sistine Chapel by the Renaissance painter Michelangelo? One section, known as "The Creation of Adam," is a depiction of the origin of the human race, represented by Adam, who is stretching his arm out to God.

I interpret this image as Adam (humankind) trying to reach God but not quite being able to do so. If he could have directly touched the Almighty, he would have received great knowledge and truth. However, even though their fingers are very close, the connection is missed. This reminds me of the condition of today's society: we seek higher, sacred truths but prevent

ourselves from attaining an authentic way of life as we continue to hurt each other and the world itself with wars, conflicts, and environmental destruction.

However, as a result of my many years of research, I've realized that there's something that can bridge the space between Adam and God. *What could that be?*

The answer is water. I'm convinced that it is the medium that will connect the world of the Divine with the human race.

These days, more and more people call the realm of God the "fifth dimension." Many may have become familiar with this notion after Harvard physicist Lisa Randall received widespread attention for her studies that attempted to prove the existence of a higher dimension. The fifth dimension contains unseen information and is said to greatly influence our world.

I'll discuss the fifth dimension in more detail in the following chapter. First, I'd like to introduce the idea that water takes on the role of God's messenger by bridging the gap between the worlds. Understanding water's role is connected to leading a life according to God's truth.

I've been using the word *God* frequently, but I'm neither a religious person nor a spiritual student. However, as a result of my more than 20 years of research into water, I have come across many different experiences that have led me to accept the existence of a Divine being. I'd like you to keep in mind that although there are many references to God throughout this book, it is a concept that came out of my years of study and thought, and does not refer to a specific religious idea.

Now, how can I explain the ways in which water serves as the messenger that connects humankind with God?

The answer can be found in the Bible, specifically at the start of the Gospel of John: "In the beginning was the Word, and the Word was with God, and the Word was God." This passage points to the fact that "the Word" existed when all things were created. However, I find that this in itself is difficult to comprehend. What is this "Word"? I believe that it actually refers to a *vibration*—that is, God uses the vibration to create all of life. But how do I justify this substitution?

As you may know, words are made up of combinations of several sounds. Sound is a type of energy, and energy is vibration. God combined certain vibrations to create harmonious words. Thus, words, in ancient times, may have been the vibration that transferred energy. God had sent that vibration to

Earth and created this beautiful world. By thinking in this way, it seems that the truth that has been hidden deep in the Bible has finally become visible.

Christians are not the only ones who place emphasis on the role of "the Word" as an important part of creation. In Buddhism, for example, there is the *mantra,* the word or words that have the power to manifest; in Islam, the Koran speaks of the absoluteness of its words; and in Hinduism, the Sanskrit word *om* is thought to express universal Truth. Of course, I can't discuss Shintoism (the Japanese religion from ancient times) without mentioning *kotodama,* the spiritual power that resides in words (which points to the efficacy of prayer). So the power of the Word is the primary condition for the existence of religion itself. Wouldn't this mean that the various religions are teaching us that the Word—therefore, the vibration— is at the root of the world's creation?

The Connection Between Creation and Water

So how exactly did God create the universe? In order to tackle this big question, I'm including some of the contents from my previous books and seminars. It may seem like a roundabout explanation, but in order to fully comprehend this chapter's main idea, this is an important process, so please bear with me.

The energy behind the creation of all things is the sun. This idea is nothing new to most people; in fact, many would agree that without the sun, life would not exist. The sun sustains all things, including ourselves, animals, plants, and so on. However, I can't believe that the wonderful, beautiful life-forms of Earth were brought forth by coincidence or chance. If not, though, then who created such a balanced, artistic world? And how?

This is where God comes in. Even Dr. Kazuo Murakami, a prominent gene researcher and professor at Tsukuba University, suggests that a creator—a "scientifically unimaginable great power"—exists, which he refers to as "Something Great." Obviously, God isn't something we can see with our own eyes, and there's no way of knowing exactly how life was created. However, this isn't proof that a Divine being does *not* exist. On the contrary, I believe that the more we think about it, the easier it is to believe that a creator does exist, one who designed this perfectly balanced world.

Through my research, I have been guided by water to recognize this truth. And now, I'm convinced that without the presence of God, we cannot accurately explain the story of the creation of Earth.

In God's process, the sun was created to provide continual, life-supporting energy. This energy is sent to the planet in the form of vibrations. With God's help, this vibration appears as different combinations of sounds. The Chinese character for *sound* () is the combination of *sun* () and *standing* (), which may come from this idea. Radiant energy is born when different vibrations are in harmony—and this energy created everything that exists on Earth.

We humans must have felt that energy from the sounds in nature and created words. Each civilization created their own speech according to their geographical location and environment. This helps to explain the creation of the diverse languages found throughout the world.

Resonance—the Universe's Great System

Since everything in this world was born out of vibration, each creation maintains a certain frequency, vibrating in a unique way. Of course, these aren't visible, and it's usually very difficult to even feel the minute vibrations (or *hado*) with your hands or fingers. This makes it a challenge to visualize that everything—such as the wall you're facing, the desk you're sitting at, or even your body—is vibrating.

However, in many scientific circles, quantum physics in particular, it's already an accepted fact that even the smallest known level of atoms, the elementary particle, vibrates slightly. This is measured in hertz (abbreviated as "Hz"), a unit of frequency equal to one cycle per second. Humans are limited in which frequencies we can pick up as sounds. It's said that this range is usually from 15 Hz to 20,000 Hz. So if a plant is directly in front of us, since its frequency is very high, we aren't able to hear anything, even though it is indeed giving off its own unique vibration.

Every frequency can be represented by the seven sound categories of "do re mi fa so la ti." The simplicity of it may be surprising, but everything in the universe can be represented in this way. Here is how we can categorize this infinite number of vibrations into seven different sounds: The keys on a piano are laid out from low octave to high octave, right? In the same way, the seven

sounds can be the repetition of the octaves to express numerous sounds. Thus, we can represent all things, from those that give off low frequencies to those that give off high frequencies.

No matter how different frequencies are, as long as they represent the same sound, they will resonate with each other. This is a wonderful universal system that God has given us, and it's called "the principle of resonance." Let me discuss this idea further, as it plays an important role in the order of the universe.

A tuning fork can help explain resonance. Tuning forks are used to tune musical instruments and ascertain pitch. (You may have come across them in a music or physics class.) When you tap on the metal prong, a fixed tone can be heard. Let's do a resonance experiment using the tuning fork.

Place two 440 Hz (the frequency of "la") tuning forks side by side and tap on one of them. You will see that the other tuning fork (the one that wasn't tapped) immediately starts to sound as well. The beautiful resonance between these two tuning forks seems to be saying that "my thoughts are the same as yours." When the exact same frequency sounds affect each other and reciprocate, we call this *resonance.*

Next, place an 880 Hz tuning fork next to a 440 Hz one, and then tap one. Since these two are *not* the same frequency, they won't resonate with each other, right? However, even in this situation, the tuning forks affect each other and start to sound. The same result will occur with a 220 Hz tuning fork. This is because the 880 Hz fork creates a "la" sound that is one octave higher than the 440 Hz "la" sound. As long as the frequencies are in the same overtone, no matter how different they are, they will always resonate with each other.

When resonance happens, the one that is affected by that same sound can receive energy from the counterpart without doing anything. Also, the one that had started the sound will receive the energy back from the other. By resonating, they both affect each other and can freely exchange energy. Through this phenomenon, I cannot help but feel that God is expressing the notion that "it is wonderful to get along with one another."

In fact, I believe that this is the life system that God had devised to maintain a natural balance and help the advancement of the human race. We can never exist as just one single self. God created resonance as a physical reminder that every being on Earth has a single "self" yet is also connected to

everything and shares harmonious energy.

Let's now think about our bodies. Our cells are vibrating, and our hearts vibrate throughout our lifetime. Once that vibration stops, life also ends. Within the Chinese character for the word *life* () is the character for the word *beat* (). This means that living is about the life beating, or vibrating. And this vibration cannot be maintained without the help of others.

What would happen if we stopped breathing, drinking, or eating? We'd die, of course. Our circulatory system transports energy and nutrients throughout the body. With the help of water (and other bodily fluids), food and air reach all of our cells. There is a resonance that occurs between the sustenance we take in and our internal organs that keeps us alive.

By the way, I've just mentioned that everything has its own vibration. A violet has violet's own frequency, for example, and a rose has rose's own frequency as well. From different animals to minerals, to even our chairs and cups, all things have their own unique vibration. But did you know that only humans can freely change their own frequencies?

You may question whether or not that's really true. However, because of our emotions, we are always changing frequencies (even without knowing it). On top of that, we are gifted with the ability to sing. We are the only ones who can freely alter the sounds of "do re mi fa so la ti." In other words, only *we* have the ability to resonate with everything in the universe and can give and receive energy.

Depending on how we use this gift from God, we can either lead the Earth to further creation or send it to destruction. If we choose to resonate and harmonize with the rest of the world, the planet will continue to vibrate and maintain life. But if we only follow our own selfish desires, we'll see an increase in environmental degradation, conflicts, the widening of class disparities in society, and more. Isn't it time that we realize this great gift, and look deeply into how we would like to use it?

The Energy of Love and Gratitude Within Water

Resonance indicates the combination of harmonious vibrations, whereas nonresonance is the combination of vibrations that don't get along together.

As I've mentioned, as long as the vibrations are the same or harmonize with each other, things will resonate no matter how different the frequencies are.

This works for people, too. When we're with someone with the same "vibe," we usually have fun and feel energized. But if we're with someone we feel has "bad vibes," conversations usually don't flow freely, and heated discussions can even lead to arguments or fights. This is a rational occurrence from a resonance point of view.

For example, throughout my travels around the world, I always hear about the disagreements between a husband or wife and his or her in-laws. This seems to be a universal problem. This is most likely a nonresonance issue, the result of people with frequencies that don't harmonize. If we can understand this not-so-easy-to-solve problem as a phenomenon of a law of physics, maybe we can work at it from a less personal point of view. Plus, these are the times when we can actually improve the relationship by using our talent of matching or aligning our frequencies with others.

I went off track a little, but let's now conduct a nonresonance experiment: Let's place a 442 Hz tuning fork next to a 440 Hz one. Tap the latter, and we'll see that the 442 Hz fork resonates only slightly. Now what will happen if we tap both forks at the same time? They will immediately produce a groaning, unharmonious sound. This dissonance is destructive energy. One of the most destructive of all types of discord may be the atomic or hydrogen bomb, which I talk about further in the next chapter.

The combination of two different sounds that don't resonate will move toward destruction—the opposite of creation. God must have only used combinations of resonating sounds, "good vibrations," to create life on Earth. As I've mentioned, God combined vibrations with creative energy to express His intention and creativity, and the mediator is water. Why is that? Because water is the only thing that can transfer vibrations. God created water to help carry out His plans for the world, and within the center of those plans are two important energies: love and gratitude.

We know that when water was shown the term *love and gratitude*, it formed beautiful crystals, revealing the work of God. Isn't this so because the water expressed God's original intention? In other words, when we reach that true understanding of water, resonating in love and gratitude, we will feel amazing energy.

It can be said that the water crystal of love and gratitude was created by the

light of God. Light is the ultimate creative energy. From that amazing water crystal, we have the opportunity to get a glimpse of the pure energy that the Divine leads us to. Who knows—perhaps God is rejoicing right now, saying, "You've finally realized the truth!"

Where Did Water Come From?

God had placed that design of love and gratitude in water, but have you ever wondered where all of this water on the planet came from?

There have been many theories: Some suggest that after Earth was created, water vapor in the air cooled, became rain, and eventually formed the oceans. Others say that water already existed within rocks and stones. To this day, nothing has been proven. In 1997, though, a surprising truth was revealed in a newspaper article that changed the way we speculate about the origin of water:

> NASA, for the first time, was successful in observing numerous snowball-like objects flying toward the earth from space. These snowballs are thought to be a few meters in diameter, and a few thousand of them are flying toward earth every day. As they near the ground, they evaporate and become a cloud or a part of a cloud. When considering the long history since the creation of earth, they could possibly be an important supply source of seawater. [Outlines from the articles of June 2 and August 24, 1997, *Asahi* newspaper]

NASA publicly announced that countless "snowballs" of 100 tons or more were continually falling toward Earth. This discovery backed up Dr. Ruiz Frank's theory of 15 years ago that said that the planet's water came from space. However, this discovery was never very much discussed because the scientific community either ignored or dismissed this claim.

This reaction may have been a rational one, considering that if this were true, not only would the world's common sense be altered, but the whole system within the society could be threatened. As the fundamental understanding of science is flipped inside out, most of these scientists who have gained their fame and status based on old beliefs will all lose their jobs.

Even in this moment, countless snowballs are continually entering Earth from space. Whenever I think about this, I always get excited.

So the question now is: From which part of space does water in its

snowball form come from? This is a fascinating topic, considering that none of us would be alive if it weren't for water. Unfortunately, we currently don't have enough information to discern the answer. The only thing I can say is that the answer lies with God.

Humans Are Water

Approximately 70 percent of a human body is made up of water. At the embryo stage, we are 98 percent water. Water supports our well-being by transporting necessary energy and nutrients throughout our bodies, and helps us remove toxins via blood and other bodily fluids. As we age, the percentage of water within our body decreases. That's why we start to notice wrinkles, and why our backs may start to hunch a bit and we appear shorter. Ultimately, when the body contains less than 50 percent water, we die. In this way, we can say that humans are water itself.

If we believe that water was sent from the Divine, then we can say that our original father and mother is God. Yes, we are all "children of God." This doesn't only pertain to humans, though. Every life was created from water; it is the origin of life and the Almighty's gift.

All of God's intentions were contained within water that was somehow sent to Earth. There must have been blueprints set as vibrations in the water. In order to access this information, I believe that salt was the next thing sent to Earth. Thus, the sea becomes the womb of all beings. By combining vibrations, the sacred blueprints, and salt, a positive chemical reaction slowly started as the energy materialized as different forms of life. I think that this is the truth of the origin of life.

Despite sex, nationality, personality, or any other differences, the fact that a human being's body is 70 percent water does not change. God distributed water equally to all humans. When thinking about this, it becomes quite clear that we should be true to the message of water (which occupies the majority of our bodies) and live according to God's will.

But what does God want us to do? The answer lies in the pictures. Water (the messenger of God) created a miraculously beautiful crystal with the term *love and gratitude.* This is proof that these concepts are at the root of the creation of the world. The water that received the vibration of the original

intent of God expressed and revealed itself to us as that spectacular crystal.

Of course, if we exposed water to just *love* or *gratitude*, we would still see a beautiful crystal. However, when the two are combined, the result has this mysterious, sacred aura. The fact that we live on Earth, which exists in a three-dimensional form, has a lot to do with this. Our world is width, length, and depth, and possesses shape and mass. It can be understood roughly as "the real world that contains materials." In our world, nothing materializes without the two opposite energies of positive (plus) and negative (minus)—for example, day and night, yin and yang, and male and female. Without these bipolar energies, nothing can exist. One is giving positive energy, and the other is receiving negative energy.

When looking at things from this point of view, it becomes easier to explain why the water that was exposed to *love and gratitude* created such a beautiful crystal. As a representation of the giving energy, God created the concept of love; and as a representation of the receiving energy, He created the concept of gratitude. So love is the active giving energy, and gratitude is the passive receiving energy. If we were to express these two energies in colors, love is pink and gratitude is green. We need to openly give our love at all times and receive everything with gratitude. As these two aspects maintain their balance, the Earth will work just as God had designed it to.

What will happen if the balance between love and gratitude disintegrates? That situation will be a state in which we're separating from the real intention of God. What do you think God will do when that happens? Wouldn't He let us know that we're taking the wrong route?

As previously mentioned, there are many negative situations in the world today. It is also possible that within many people's personal relationships, they're experiencing uneasiness or difficulties. I can't help but think that this is the time we need to examine what kind of signs God is giving us. On the other hand, this means that God will smile upon us as long as our life maintains the balance between the two concepts of love and gratitude. We can continually be healthy and beautiful as long as the water that occupies our body is playing a harmonious melody within.

What's important for us right now is not to be distracted by social ills and stresses, but to consciously choose the way of life that is aligned with God's intention.

The Ratio of Love and Gratitude

I hope you now understand that water secretly holds two energies: one of love and one of gratitude. The chemical formula of water gives us a hint in trying to uncover the balance of these two elements. Water is chemically represented as H_2O (two hydrogen atoms to one oxygen atom); and as a matter of fact, deep meaning exists hidden within this formula.

My original theory with respect to this structure goes like this: Oxygen represents love, and hydrogen represents gratitude, but I don't think that love and gratitude are in harmony if they have a 1 to 1 ratio. Rather, it's when love is one and gratitude is two. So the perfect balance between love and gratitude is 1 to 2.

How does this ratio apply to our everyday life, though? The following example may help you understand this concept further.

Let's say that I give a presentation about water's beauty and uniqueness and show some slides of water crystals. If the audience resonates with me and receives some insights and feels happy as a result of my talk, we can say that the vibration of love was successfully given to these people. That vibration of love in each person's heart transforms itself into gratitude. And that becomes another vibration and is given back to me. For this reason, no matter how tired I am before a seminar, I'm always fully charged and energetic when it's over. This is because all of the gratitude vibrations given off by the audience provide me with the boost of energy I need.

But if the gratitude formed within each of the audience members is only one, the spread of the vibration will come to an end at that point. So what if the balance between love and gratitude was 1 to 2 instead?

Out of the two gratitudes, one is given back to the individual who has offered love (from my example, that would be me who gave the seminar). The other gratitude that is left can now be given to someone else—for instance, someone from the audience who was moved by my presentation will share those feelings with other people.

This is when an important transformation occurs. By communicating a strong feeling to someone, a form of gratitude that was in that individual transforms to love. Gratitude was a receiving energy, and love was a giving

energy, right? By sharing a profound experience, the one who was thankful (the one full of gratitude) transforms from the receiver to a giver as gratitude itself is transformed to love.

So when the balance of love and gratitude is 1 to 2, that phenomenon will continually manifest. When that happens, a cycle of love and gratitude created by a single moment or piece of information will transform itself as free energy and run through the whole world as a chain reaction. In order for it to work, the key is to always maintain the ratio of 1 love to 2 gratitude.

The balance between love and gratitude is very similar to the construction of our face. We have one mouth and two ears, as God designed us. I understand His intention as follows: there is only one mouth to communicate love, and in order to receive that love with gratitude, there are two ears. What if we all had two mouths instead? It's easy to imagine that it would become way too noisy! The world would be full of arguments and disagreements. Furthermore, if we just had one ear, we wouldn't be able to take in all that others are trying to tell us. Communication would be harder to maintain, leading to uneasiness and misunderstandings. Fortunately, we have one mouth and two ears: one part that does the active process, and two that handle the passive process. God must have known that this was the perfect balance!

Diagram of the Love and Gratitude Cycle.

We can even find that balance of love and gratitude in the natural world. Let's take a sweet potato, for example. If we plant a bulb in soil and just leave it there, the chance of it growing into a strong, healthy plant is very

low. However, if we give it lots of love and care by watering, fertilizing, and weeding, the sweet potato will in return provide us with double the amount of love that we gave in the form of abundant harvest. The more love we provide, the bigger the harvest. In this way, even in nature we can see that the balance of love and gratitude as 1 to 2 works perfectly.

Life, Death, and Reincarnation

Following this thought process, I realized that life and death—one of the most profound themes of our existence—could be explained by love and gratitude as well.

In the process of human beings being born, there exists love. As a result of a man and woman loving each other, a life is created. The father and mother are also results of their parents giving love. And those parents were born out of love from their parents, and so on. As we move up the generations, we will eventually reach the existence of God, the Great Love.

On the other hand, what is death? As I get older, I find myself thinking about this unavoidable passage in life more often, and one day, I came across the following story:

> About 30 years ago, a social anthropologist visited Yonaguni, an island located on the western tip of Japan. The scientist asked the clan chief his opinion of the death penalty, and he expressed his displeasure with it. Knowing that the chief was a wise leader, the anthropologist asked why he was against capital punishment. The chief replied, “Death is a wonderful thing. I wouldn’t want the ones who have committed bad deeds to be granted that.”

For some, death is a happy “graduation” from this world. The chief would probably say that we can’t let those who haven’t satisfactorily completed their life lessons graduate! In ancient times, it was said that the funerals in Yonaguni were as joyful and rowdy as the festivals.

Most of us have long been taught to fear and detest death. But is this necessarily correct?

If asked what death is, I can now say with confidence that it is gratitude.

From the moment we are born, we interact with countless people and live while giving and receiving love. When we reach the end of our lives, what is created cannot be anything but gratitude.

Can you imagine the end of your life? Wouldn't gratitude naturally materialize in your mind? Even if you may not be able to leave peacefully and appreciate the life you lived, I believe that as you become a soul, you'll look back and embrace yourself in gratitude.

Even at the moment of death, I believe that the true form of gratitude is not one but two (as in the ratio). Of the two gratitudes, one is given to the life you lived, to the world that has provided you with such a rich experience. You give thanks to the world as you leave it. Then you can bring along the second gratitude after you depart, which sparks another transformation from gratitude to love. Love is an active energy, and gratitude that has turned into love will become the moving force for the soul to reach the next stage after death.

In this way, we can understand death not as an end but the start of a new voyage. Where is the next destination for the soul, then? Before we tackle this question, I want to suggest that life doesn't conclude after a single life cycle. This sentiment is expressed beautifully in a stanza from a poem by Johann Wolfgang von Goethe (one of my favorite poets):

The soul of man
Resembleth water:
From heaven it cometh,
To heaven it soareth,
And then again
To earth descendeth,
Changing ever.

Goethe realized that our origin is *water,* and he emphasized the eternity of the soul. This becomes easier to understand if we replace the concept of a soul with water. Here's a simple example: Let's take water from a toilet. It doesn't complain one bit as it does its job. (Imagine how hard it would be if *you* were water used to flush down waste!) This is because water knows that it will return beautiful and clean once again as it goes through the cycle from

vapor to cloud to rain. We are just like water—we can be reborn countless times.

When we reincarnate, we may return to Earth or leap to another dimension. (It's up to you.) Now, I realize that it may be difficult to take in this idea at first, but if we only lived once, why are everyone's personalities, preferences, and talents so diverse? Why are there such vastly different body structures and mentalities?

Is this just a coincidence? I'm not so sure. If our selves are determined solely by the genes of our parents (and not influenced by past lives), we must have very similar personalities and physical traits. However, we all know that there are many incredibly talented individuals who have surpassed their parents, and it isn't uncommon to find a child who has a makeup or constitution that is not at all similar to the rest of his or her family. Couldn't these examples be proof that different experiences from a previous life (or lives) follow and affect us somehow in our next life?

Once we complete our mission in life and graduate from this big school called Earth, we should return to where we came from and prepare for the next adventure in this vast universe. That place must be the soul's real destination.

Unfortunately, though, there are more and more souls that cannot rise up to that dimension because they could not live according to God's plan or earn the "graduation certificate" from Earth. As materialism and greed take on an increasingly larger role in society, many individuals act in self-interest without regard to the welfare of others. This results in the souls' *hado* (vibration) getting heavier, and currently, the world is fully occupied with souls who aren't able to graduate from the Earth plane.

Remember the newspaper article earlier in the chapter? Water is continually sent to the planet from space. Like our souls, water also needs to eventually return to where it came from and continue the cycle. However, the world is filling up with water. I fear that this excess will soon topple over the threshold in the form of devastating floods and tsunamis that will occur more often, as well as an increase in sea levels as global warming speeds up.

In ancient times, the world suffered numerous, massive floods. We know this in part because of the underwater ruins that exist throughout the world, from Egypt to Cuba (and even Yonaguni island). By examining the artifacts, we learned that those areas were once above water. There are also continual

findings that suggest the existence of lost continents, including Atlantis and Mu. These civilizations were said to possess advanced knowledge, but everything disappeared in an enormous flood. It is my belief that these lost cities are now giving us warnings.

If we understand that we are water, we can say that the circulation of the soul is actually the circulation of water. The planet is suffering from too much water because there are too many souls that are unable to leave. In order to resolve this problem, we need to lead a life that is worthy so we can "graduate" from the world. What can we do to safely complete this Earth school?

It has been said that the weight of a soul is 21 grams, but to rise into space, we need to make that weight zero. What lightens the soul is that second gratitude that manifests at the time of death. It transforms into love and the energy necessary for the soul to travel.

Of course, it's also important to fill our lives with love and gratitude, and to always be in harmony with water by sending it "good vibrations." Additionally, we cannot forget to pray for the souls who are still stuck on Earth in order to help them continue on their journey. This is a powerful act!

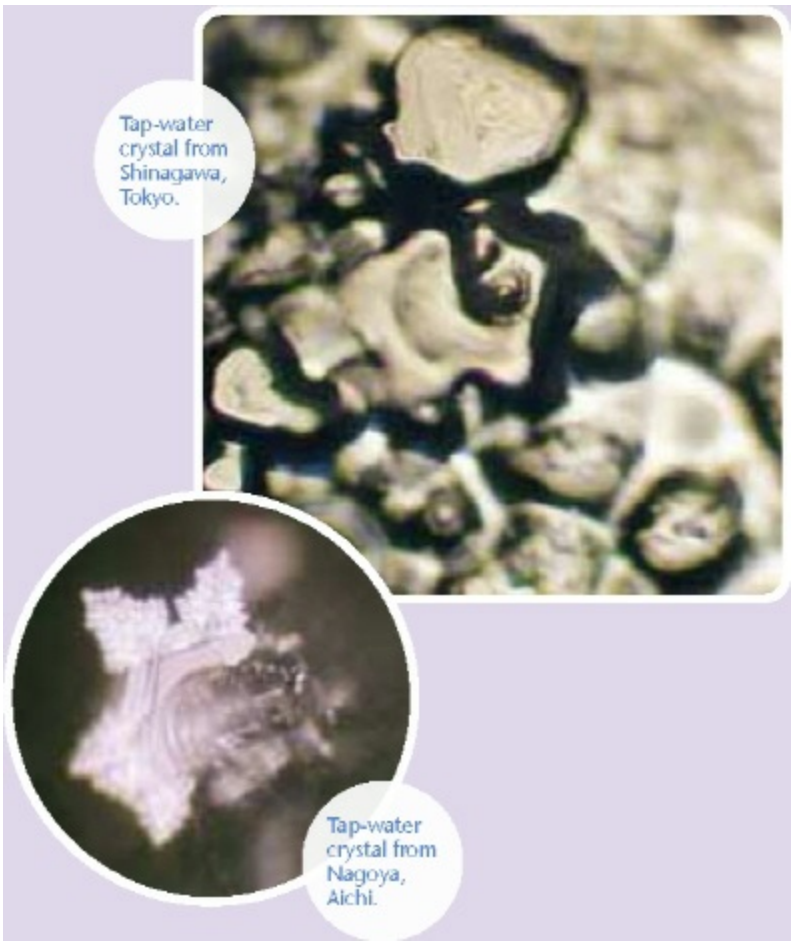
If water that was sent to Earth can travel freely throughout the universe, then we can, too (since we are also water). Remember that love and gratitude make this possible. Now, which planet will you choose when you finish your life of love and gratitude and take that journey away from the world you know?

Chapter Two

HOW DOES WATER STORE AND TRANSFER INFORMATION?

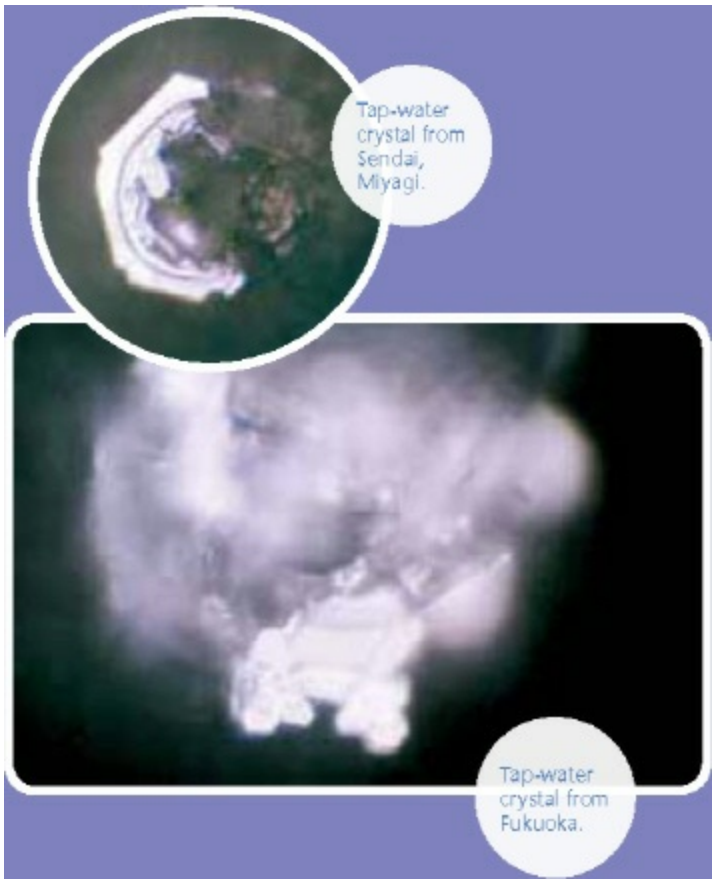
The Reality of Water

Let’s take a look at the current situation of the water that surrounds us. For example, on the next two pages there are some samples of the photos we took of frozen tap water from various places in Japan. What do you notice about them?



Tap-water crystal from Shinagawa, Tokyo.

Tap-water crystal from Nagoya, Aichi.



Sadly, none of them have any well-formed crystals. I've examined tap water from the very south to the very north of Japan, and I wasn't able to find a single symmetrical crystal. The only exception was the tap-water sample from Katano City in Osaka. I was told that about 60 percent of the city's water supply comes from groundwater. Take a look at the above photo, and see the difference that makes.

We should be very concerned about this issue because tap water is the source of drinking water for most people. After looking at these images, it's clear that the water where these samples were taken has lost its natural, beautiful energy and is actually dying.

Since I took those photos, I've heard that the treatment processes have improved, so I may see different results if I conduct the experiment again. However, chlorine is still being added to most of the tap water in Japan, and I believe that it's a poison that destroys the original structure of water. As long as chemicals are added, we continue to consume this "dead water."

The reason why the Japanese government adds chlorine to the water is, of course, to kill harmful bacteria. The vibration of the chlorine destroys any microbes or other pollutants, but this act of "killing" (and the word itself) is something that goes against God's will. Obviously, water expresses its disapproval of this "treatment" by not creating crystals, and we Japanese (and the majority of people in developed countries) have been drinking this for years!

The government of Japan started adding chlorine to tap water around 1948, toward the end of World War II. How has that affected our bodies over the past 60 years? Well, in 1962 (less than 20 years later), an article about the rise of something called *atopic dermatitis* appeared in the *Asahi* newspaper. Up to that point, few people had ever heard of this mysterious skin condition, and there were limited known cases. Today, it's said that there are at least one to two children per classroom who have this disorder.

Moreover, cases of dementia are much more widespread now than ever before. In a way, it's viewed as a national epidemic. Of course, people have always struggled with the problems associated with old age, such as confusion and memory loss, but in the past few decades, many have shown severe symptoms of dementia. This might be due to the fact that the average life expectancy for males and females has increased, but I'm not convinced that this is the *only* explanation.

Water retains information. The typical problems of old age (memory loss and confusion) may be caused by the decrease of water within the body, which limits the amount of "information" an individual can hold. However, the severe dementia that many suffer from these days isn't a result of how much water the body retains, but the *quality* of that water. This explains why many younger people (even those in their 40s) have started exhibiting

symptoms of dementia.

I would also like to point out that tap water can be linked to cancer, which has become the number one cause of death in Japan since 1981. Cancer cells attack healthy cells, basically killing them. That destructive energy is magnified by the chlorine found in tap water. At the same time, I feel that it represents our egoistical, selfish way of life.

I don't want you to misunderstand me; I'm not saying that those who suffer from cancer or any other disease are somehow at fault. I just want to present the possibility that many of our social problems and disparities are manifesting as different physical illnesses. In modern-day Japan (as well as in other countries), we're seeing an emergence of a number of new life-threatening diseases and illnesses. What kind of warnings are they giving us?

God hoped that humans would create a utopia on Earth with the *hado*, the vibration, of love and gratitude; but instead, we created a self-centered, careless society. The example of how we've degraded our tap water is only a tiny glimpse of the ways in which we've veered from the true intention of the Divine. The water-crystal photos provide the proof that we're not aligned with God's will.

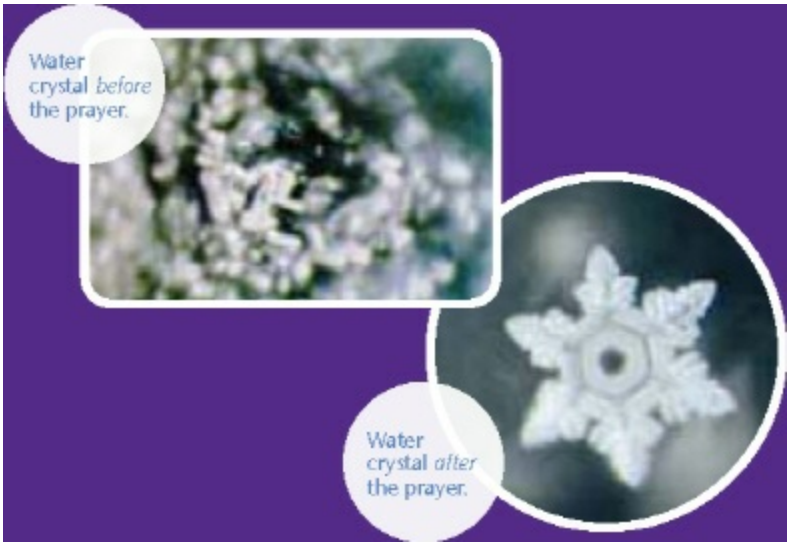
Throughout the world, most of us have put materialism at the forefront and have followed our own selfish desires. As a result, we've abandoned spirituality, the most important part of our existence. We continue to be ruled by the few who wield power and wealth, as the weaker people are more and more marginalized. Is this the kind of world our Creator had in mind? I don't think so.

For this reason, I believe that He introduced illnesses and diseases to call attention to our lack of love and gratitude. Now that we know this, though, what should we do? Once again, the answer can be found in water.

The Power of Prayer Can Change Water

At 2 P.M. on February 22, 1996, I conducted a grand experiment with 500 friends throughout Japan. I asked all of these people to send prayers to a vial of tap water that was placed on my desk at my office in Tokyo. The prayer itself was very simple: *The water on Dr. Emoto's desk at his Tokyo, Shinagawa, office has become clean. Thank you very much.* Three minutes

into the experiment, we froze the water and photographed it, and then compared those images to the photos we took beforehand. Here are the before and after pictures:

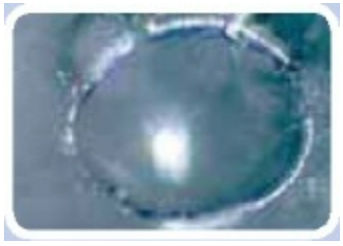


As you can see, the prayers from my 500 friends throughout the country had reached the water in my office and created that beautiful crystal. In 2003, we performed a similar experiment with prayers sent all the way from Israel. The result was beautiful crystals once again, and we realized that prayer could travel across land and sea even to reach a small vial of water sitting on my desk.

Our pure intention has the power to change water! Luckily, no matter what condition the water is in, it has the ability to respond to our benevolent thoughts and create amazing crystals. This helps us see the bigger picture: it's easy to complain or criticize our social system, for example, but that won't help us move forward. In order to progress, we need to affirm our present circumstances with love and gratitude. Even in the worst moments, I always try to find hope and positivity. This is my motto. And as we are created by God, and we are water, I believe this is possible to achieve.

We must also be wary of other methods that transform water negatively. One way is through electromagnetic radiation. For example, microwaves, computers, TVs, and cell phones are items that most of us use daily and feel like we can't live without. However, they are also sources of electromagnetic radiation that affect our own *hado.*

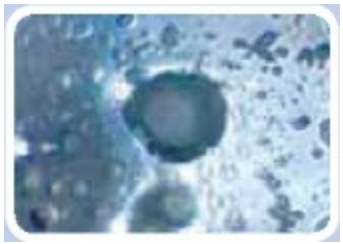
The following water-crystal photographs clearly illustrate this, and it's not hard to determine what type of energy these electromagnetic waves possess. Curiously, water that had been exposed to the term *love and gratitude* before the radiation wasn't as severely affected. Take a look at these images, and see for yourself:



Water crystal exposed to electromagnetic radiation from a microwave.

Water crystal exposed to electromagnetic radiation from a computer.

Water crystal exposed to electromagnetic radiation from a television.



Water crystal exposed to electromagnetic radiation from a cell phone.

Water exposed to *love and gratitude* before exposure to electromagnetic radiation from a microwave.

Water exposed to *love and gratitude* before exposure to electromagnetic radiation from a computer.

Water exposed to *love and gratitude* before exposure to electromagnetic radiation from a TV.

Water exposed to *love and gratitude* before exposure to electromagnetic radiation from a cell phone.

What does this signify? As I've mentioned, our original form is water. If water can protect itself through love and gratitude, we can be protected by the same positive energy from the electromagnetic radiation (or any other form

of negativity) we're exposed to.

Love and Gratitude Heal Illnesses

Since love and gratitude protect water from the effects of electromagnetic radiation, we can also contend that they can repel *all* of the diseases in the world. Why do we get sick in the first place? Usually, we become ill because our immunity is low. Despite our many technological and scientific advances throughout the ages, it seems that our immune systems and ability to self-heal have diminished. I believe that love and gratitude can restore our original, powerful immunity and potential to self-heal.

When we feel an abundance of love and gratitude in our hearts, that loving energy boosts our defenses—we are protected, even against very strong viruses. The more we are filled with loving-kindness, the fewer negative thoughts or feelings will emerge from us; therefore, we won't attract any negativity (such as illnesses) from the outside world.

For many years, I practiced alternative medicine and have conducted more than 10,000 hado-counseling sessions. Through that experience, I realized that people who are ill have some type of negative energy within them. My treatments involved neutralizing clients' energy by tapping into their hado. This worked wonders, and many of my patients saw an immediate improvement in their conditions. However, there was one problem: in order to conduct a healing session, I had to take in my clients' hado. As a result, I would sometimes be affected by their illnesses or conditions, and I realized the dangers of this work.

Despite the risks, I was able to provide countless healing treatments without experiencing a decline in my own health mainly because my wife, Kazuko, would remind me to keep my heart filled with compassion and gratitude. Ever since we were married, she has always supported me and made me feel loved and cared for. Today, we happily travel the world together. Whenever I think about all the times that my wife has been there for me, I'm filled with love and gratitude. I didn't realize it back when I was treating patients, but I believe that the powerful bond we share actually boosted my immunity and protected me. Experiences like these have proven to me that positive feelings offer immunity against illnesses.

Today, many of us have chosen to ignore God and look only to science to help heal the world. As we lose sight of the real meaning of life and rely too heavily upon modern technology, we've been missing the warning signs that God has been sending. Please know that I don't deny the necessity of Western medicine. Because of the advances in that field, our life expectancy is longer, and there is much less suffering in the world. And fortunately, researchers are continuing to make tremendous advances. However, at the same time, despite countless medical breakthroughs, we're still confronted by an onslaught of frightening new diseases and illnesses, as well as resistant viruses and the reemergence of many communicable diseases.

Could this cycle be another sign from God, asking, "Don't you get it yet?"

The Divine is patiently looking over us and giving us chance after chance to rethink the ways in which we are living. What would happen if we continue to ignore His warnings, though? We need to start changing how we treat ourselves, each other, and the planet in order to be true to God's intention (and before He decides to give up on us!).

I think you now know that the "new" way of life is to live in love and gratitude.

How can this be achieved? Start by nurturing your relationships with family members and friends. You might be able to make it into a game, such as: "Today, I'll be in charge of giving love, and you can receive it as gratitude and then send it off to another person." Or when you first wake up, say to yourself, *In order to live a life filled with love and gratitude, I'm deciding right now not to get mad for any reason today.*

However, even if you know what you need to do, you may find it hard to always live up to your expectations. Humans possess deep emotions; and it's natural to feel irritated, disturbed, sad, or lonely. There is no need to feel bad about the fact that you can't feel love and gratitude at all times. When you're feeling despair or darkness in your heart, though, all you have to do is borrow some of the power of words.

Because words have power and energy, write the phrase *love and gratitude* on several pieces of paper, and put them in prominent places in your home and workstation. Of course, if you stick one on a pitcher of drinking water, that water will contain lots of love and gratitude (recall the beautiful crystal that's formed by this phrase). And if you say "Thank you" or "I love you" to water, it will also absorb this hado (and since you are water, too, you will feel

the effects of your loving words).

At a seminar I conducted in Italy, during the Q&A portion, a participant said the following: “Every time I look at a picture of my son who passed away, I can’t help crying. Wouldn’t the hado of my sadness affect the water in the room and maybe even negatively affect my family, too?”

I replied, “No, you shouldn’t worry about that. What is contained in your tears is that deep motherly love for your son. Water will be more affected by your hado of love.” The lady smiled warmly, and that gave *me* something to smile about!

We must understand that even if we carry negative feelings, water will catch on to the love that resides in our hearts. Rather than suppress our emotions, we should trust our hearts and have faith in the power of our words. This is yet another way to live in love and gratitude. (And we should remember that when we live in this way, our natural immunity will rise, too, and we’ll be less likely to contract illnesses or diseases.)

The Concept of Kotodama

In the last chapter, I mentioned the term *kotodama*, which is a concept from Shintoism that states that words (either spoken or written) have great power. The effectiveness of prayer is a good example. Another is to look at our everyday speech. For instance, in Japanese culture, it’s taboo to say words such as *break* or *separate* at a wedding. Likewise, no one would say *slip* or *fall* while conversing with a student who’s about to take an exam. Since ancient times, Japanese people have understood the power of words, and that’s why there are so many taboos related to speech. Of course, this concept also applies to the words we choose when we’re looking to create a positive outcome or result. By harnessing the power of kotodama, we will be better able to lead a life of love and gratitude.

Shintoism, which espouses kotodama, taps into the universe’s vibration, and kotodama lies at the center of this. Have you ever received a blessing from a priest at a Shinto shrine? This is what happens: When a blessing is requested, the priest will move to where you are sitting, turn away from you, and read aloud a *norito* (a blessing mantra) to the image of God. (The profoundness of this ceremony would make anyone feel refreshed and

awakened.) The norito—which, in addition to a blessing, also contains the name and address of the person who requested it—sends your wish to the universe. Once it's read out loud, the words become the guide that brings the petitioner's vibration (hado) all the way to God.

This occurs because when the vibration is turned into sound, a resonance is created with the universe. The closer it gets to the center of the universe, the higher the frequency. However, remember that the law of resonance says that even if the frequencies are different, as long as they represent the same sound, they will resonate.

Besides kotodama, the hemp plant also plays an important role in Shintoism. These days, it's mostly associated with the drug marijuana, but since antiquity, hemp has been considered sacred. This is because it was a necessary element in creating a high-frequency resonance with God. The fact that this plant can be harvested twice per year and that it's strong enough to survive most pests is proof that it possesses high hado energy. And the revered Heitate shrine, located in southern Aso in Kyushu, pays tribute to *Amaterasu-Oomikami* ("the Goddess of the Sun"). Interestingly, the "Hei" of *Heitate* is said to mean *nusa*, which is hemp paper.

You may be wondering why a book about water (and the power of love and gratitude) is now talking about Shintoism. Well, as a Japanese person, I cannot talk about the origin of life and the creation of the world without bringing up the influence of my country's oldest religion. I also believe that this provides a broader perspective to see and understand the universal messages from water.

The Lessons of Koshinto

Koshinto (loosely translated as "the Way of the Gods") is the root and purest part of Shintoism, and it's at the core of every Japanese person's heart, as some say. I believe it's time we look back to its teachings, which is something I've been thinking about more and more often as I've been traveling for the last decade. This is mainly because I've noticed that wherever I go, I'm met with a big welcome and shown much respect—although this isn't because I myself am a great person.

I believe the reason behind this is that many view Japan as "the country of

water.” Not many places have as abundant water sources as my homeland does. Japanese citizens might not realize how important this is, but when I visit countries that suffer from water shortages, I see how much people appreciate what little resources they have, and they view Japan as a country of beauty.

Another reason why I’m so warmly welcomed may be simply because I’m Japanese. From my experience traveling, I’ve learned that many feel an affinity for the Japanese and have a high regard for us as a people. Japan holds a unique place in world history, and its citizens are known to be very spiritual. Let’s take a quick look at some recent world history.

At the time of the Meiji Restoration, the beauty of the land and the people’s politeness moved many foreigners who visited Japan for the first time. And the world was in awe when Japan prevailed during both the Sino-Japanese War and the Russo-Japanese War. From then on, Japan was considered a world power and country of God. It’s also said that many world leaders were impressed by Japan’s conduct during the First World War.

As we all know, Japan later entered the Second World War and lost—the final blow delivered in the form of atomic bombs dropped in Hiroshima and Nagasaki. As I mentioned in the previous chapter, an atomic bomb has one of the most destructive vibrational forces, which made me wonder why the United States felt it was necessary to use weapons of such fearful vibration.

Here is what I think: The U.S. may have known that Japan was a country of Shinto, a land of energetic forces. If this is so, they must have thought that in order to defeat something connected to God, it was necessary to completely destroy its vibration. Those bombs, which had enormous destructive power, succeeded in decimating Japan’s traditional, pure vibration. After that, the GHQ occupation (the Allied powers, led by the U.S., who occupied the country and drafted the constitution after the war) worked to rebuild Japan the way they desired it to be. This brought the end of Shintoism as the national religion, the prohibition of hemp (the plant of high hado energy), and the transformation of the emperor into a mere figurehead (personally, I believe that the ruling power of an emperor was necessary to maintain our purity). How has Japan been affected by these changes? Well, we must start by understanding the current situation of the country.

These are all just my own theories. But the more I research and allow myself to be guided by water, the more I believe that these ideas aren't that

off track. What do you think? How has my vibration reached you? I would love to hear your thoughts and feedback regarding this matter.

Koshinto as the Connection to the Universe

Unfortunately, the word *God* has been missing from the Japanese people for a long time. Actually, it's more accurate to say that we were led to "lose" it by the occupying force after the war. I believe this is a very significant problem.

As we've seen, water expresses the will of the Divine through beautiful water crystals. However, we don't have many opportunities to discuss God—we can't talk about Him in schools or at work. I'm afraid that children aren't understanding His message. But in ancient times, Japan was one of the civilizations that understood God and spirituality the most. This is because we were better able to connect to the Almighty and resonate with the frequency of the universe.

Energy exists all around us and can be freely absorbed. At the same time, I believe it's possible that there is a similar high-frequency energy in a higher-dimensional universe. The technology of koshinto lets us receive this energy into our world.

Not many people have stopped to think why there are thousands of Shinto shrines throughout Japan. Each was built on land possessing "good hado" in order to take in energy from the universe. And I don't think it's a coincidence that pure springwater is found near most shrines.

The phrase *yaoyorozu no kami* ("eight million gods") signifies that God exists in all things. I have a hunch that this figure corresponds to the number of things (humans, animals, plants, minerals, and so on) that emit frequencies. Since all phenomena occur in synchronicity, there is always a coinciding frequency. The *yaoyorozu no kami* resonates with the high-energy waves and has risen up through the universe.

I would very much like to pass on the systematic and harmonious technology of koshinto to future generations. I would also like to uncover the truth of water and hado by learning more about this ancient practice. I have promised myself to do so and wrote the following:

Hado is the origin of all things

Everything is built upon hado and
creates a mandala

Therefore, Shinto is the teaching of the
way of hado, and

I will someday come upon this truth.

The "mandala" is the water crystal. I don't think it's a coincidence that I, a Japanese national, was the one who spread the image of the love-and-gratitude crystal, which so beautifully expresses the light of God.

Koshinto is like ancient quantum physics, but it can be experienced when you visit a Shinto shrine. You may have felt the freshness that caused you to take a deep breath when you stepped inside, or perhaps you felt vibrant and full of energy as a result of your visit.

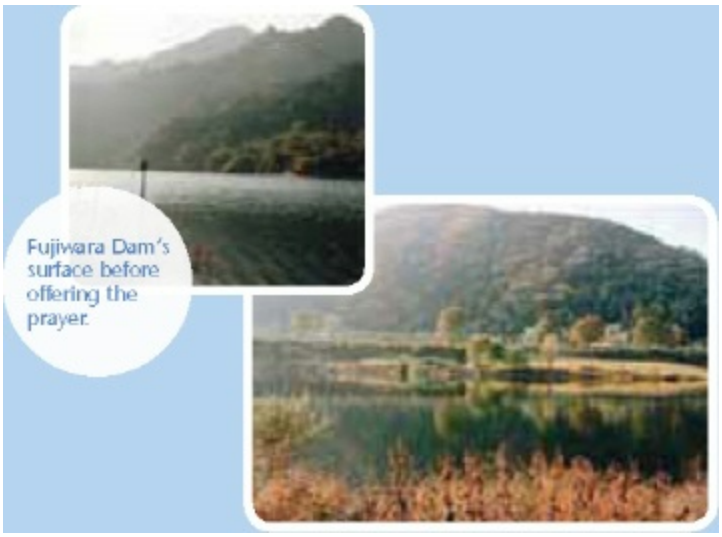
It's just enough for you to notice a slight difference. This is proof that the vibration of God that fills the shrine resonates with your own hado. The water inside of you rejoices and gives off vibrations of love and gratitude. The light of life must be shining brighter as well.

Proving the Power of Prayer and Kotodama

Earlier, I described an experiment whereby the power of prayer created a beautiful crystal in a sample of tap water that was sitting on my desk in Tokyo. Not long after that, I had the chance to take part in two additional experiments: one in 1997 at Fujiwara Dam in Gunma, and the other at Lake Biwa in Shiga in 1999. Both proved that *kotodama* (the power of words) can actually transform contaminated water and make it clean and pure once again (as well as produce amazing crystals). On the next page, you'll see some before and after photos. (I'll discuss these experiments and offer some insights next, but if you'd like to learn more about these experiments and see additional photos, please refer to my previous books *The Hidden Messages in Water* and *Love Thyself: The Message from Water III.*

) These two experiments have brought about great realizations. As a result of the Fujiwara Dam experiment, I discovered that prayer indeed reaches a higher dimension and then returns back to our three-dimensional world as a vibration. I didn't determine this right away, though.

Examine the last photograph of the heptagonal water crystal on the following page. It seems to have a light that's shining from behind. Although it's rare to come across a seven-sided crystal, at the time, we didn't think about its significance. However, a few years later, a troubling incident made me realize that this photograph held a very special meaning.



After the prayer, the water became very clear and still, and the reflection of the surrounding trees and plants appeared beautifully on the surface.

A water crystal of Fujiwara Dam before the prayer.

A water crystal of Fujiwara Dam after the prayer.

A heptagonal water crystal of Fujiwara Dam after the prayer.

One day, a Swiss woman began claiming that she had taken the water-crystal photograph of Fujiwara Dam. I was shocked by her assertion and immediately traveled to Zurich with my lawyer to discuss the situation with her. We were in a meeting for about two hours but couldn't reach any type of agreement. The woman said that she had taken the photograph at a lab at the University of Helsinki in 1967, but it had later been stolen.

I was beginning to worry that we wouldn't be able to resolve anything, but then I thought about the strong hado of the crystal and said, "I understand that you've taken the photograph, but I've taken it as well. I took the photo in this three-dimensional world. Perhaps you took it in a different dimension?" Finally after more discussion, the woman agreed that she hadn't taken the photo and retracted her claim.

Here is what I think happened: there must be a certain dimension in which images like that crystal exist. The prayer at Fujiwara Dam (which was led by Houki Kato, a Shinto priest) must have reached that realm and was reflected in the water as a certain vibration. The prayer asked for Benzaiten, one of the seven gods of good fortune, to descend from the heavens into our world. With the power of the priest's words, the hado of Benzaiten clearly reached the water. And when looking at the crystal photo closely, I can actually make out an image of the god wearing a crown.

I think it's possible that the Swiss woman accessed the dimension where the hado of Benzaiten is found and somehow "caught" the design in another conscious state. For that reason, she had no qualms about believing that the photograph was hers. Thus, through this unexpected incident, I was able to prove that water-crystal photos express vibrations from other dimensions.

The fact that the crystal was heptagonal wasn't a coincidence either. About a week after the experiment at Fujiwara Dam, the body of a young woman was found in the water near the dam (the killer was caught a day later). We were very shocked to hear this news, and when we reexamined the water-crystal photos we took, we saw the image of a woman in agony.

I think that as the water cleared (as a response to our prayers), the woman's spirit was able to rise to heaven. Normally, a crystal photographed in our three-dimensional world appears as a hexagon. When another dimension is reached, it should produce an octagon. However, the crystal in this experiment had seven sides, signifying that it was from the 3.5-dimensional world. This is proof that because water transcends dimensions, we were able to resonate with the electromagnetic field of the realm where souls dwell before moving on. For this reason, this crystal photograph is a memorable one.

Now, let me share what I learned from the second purification experiment, which took place at Lake Biwa. This was another unique experience that has offered new insights, teaching me the ways in which kotodama reaches higher dimensions and changes water. It started with this powerful affirmation: *The infinite power of the universe has been crystallized to create a world of truth and great harmony.*

This was the grand declaration that Dr. Nobuo Shioya, who was 97 years old at the time, recited while a large group was gathered to pray at Lake Biwa (incidentally, this particular body of water is widely considered the mother lake of Japan). With the power of kotodama, the noxious odor from the lake soon disappeared. For a while, I didn't understand how this could occur, but I finally got it after reading the following article about a different lake:

> The research team at the University of Osaka reported that they were successful in reducing 95% of PCB and dioxin at the bottom of a lake by running 200,000 hertz supersonic waves. The supersonic wave in water creates countless bubbles. The PCBs and dioxins enter these bubbles. When the bubble pops, the chemicals break down to their simple chemical form as the poison is taken out.

Since chemicals like PCB or dioxin do not naturally mix well with water, they move into the bubbles that are made by the supersonic waves. When the bubbles burst, this releases heat—about 5,000 degrees Celsius. With that high energy, the chemicals are broken down into nontoxic elements. [*Sankei* newspaper, April 16, 2000]

After reading the article, the mystery at Lake Biwa was solved. The frequency of the kotodama that we released with Dr. Shioya may have only started out with 300 Hz or so. However, within those words was our pure hope for a cleaner lake.

The vibration with such powerful intentions traveled to a higher dimension. The law of resonance must have come into play at that time as well. The words had resonated with a very high frequency, and in the end returned back to the lake at a much stronger frequency (now as a few thousand hertz) to purify the water.

People gathered at Lake Biwa in the early morning of July 25, 1999.

We recited the grand declaration with Dr. Nobuo Shioya.

Another explanation lies in the organisms of Lake Biwa. The cause of the foul odor was the result of the overgrown foreign species of moss (which had been feeding on the PCB and dioxins in the lake) that was dying and rotting there. Because the high frequency of our affirmation killed the toxic chemicals in the water, the foreign moss soon also died out, and the natural ecosystem was able to return to a healthy state.

As I discovered these miracles, I became more and more awestruck by the magnitude of human consciousness and intention, and wished to further explore the possibilities hidden in water. Let us think about how we can use the powers of intention and water in the next chapter.

Chapter Three

THE SPIRITUAL POWER AND POSSIBILITY OF WATER

The Mysteries of Water

We've been discussing the spiritual power and possibility of water, but this is just the starting point. In other words, there's still much more to learn. Why does water freely change from gas, to liquid, to solid, for instance? Solids should be heavier than liquid, but why does ice float in water? How does water climb all the way up to the tiny branches of trees without being pulled down by gravity? None of these questions has been fully answered yet.

However, our ancestors instinctively knew the infinite power that water possesses. Water is life force—from the ritual of a newborn's first bath to a dying person's final sips. The fact that water plays a significant role during Christian baptisms (among other rituals) also illustrates its sacred energy.

I believe that when we acknowledge and explore the potential of water, humankind will be saved; and each of us will become stronger, happier, and more content. Unfortunately, there isn't much support for further inquiries into this matter even though throughout the 20th century, research on oil and coal have been thoroughly conducted. Curiously, the notion of seriously studying water's possibilities hasn't developed much over the years.

This isn't to say that there were never any prominent scientists who presented their theories and findings regarding previously unknown traits of water, but many of them have been rejected by the mainstream. There are a handful of researchers I respect who have conducted fascinating work, but they have largely been ignored or denounced by the scientific community.

One of these individuals is Dr. Jacques Benveniste, a French immunologist who contended that water had the ability to retain information. He published his findings in the highly regarded journal *Nature,* but it was heavily

criticized, and Benveniste was eventually forced to leave his post at the Institut National de la Santé et de la Recherche Médicale (INSERM), France's government-backed medical-research body. I had met Benveniste in 2002 at a symposium in Switzerland. After conversing a bit, he took my hand and said, "Mr. Emoto, let me give you some advice on researching the potential of water: *Never* talk about God."

I now fully understand what he was telling me, as every time I try to speak about my own findings in Japan, there are those who distort what I'm saying or are quick to condemn. Even though water is teaching us very important truths through its beautiful crystals, some consider this a fraud. Rather than being angry at their accusations, I often feel sad and somewhat isolated by my beliefs. These obstacles have existed for many years, but why is this the case? Why are so many resistant to even considering the idea that there's much we don't comprehend about this vital resource?

I believe this is due to the fact that, as we have seen, every time we look deep into the power of water, we end up affirming the existence of the Divine. Water teaches us that something greater than ourselves created the entire universe and that we are all "children of God." But this realization would be inconvenient for the powerful minority who rules society, for once we truly "know" the Almighty, its influence would become less significant. This is why research into water has been repressed. If these teachings are more widely accepted, though, we'll come to see a new, harmonious way of life. I would like to strongly express that it's up to the citizens of the world to open this door.

The Key to the Future Is the Activation of DNA

Dr. Kazuo Murakami of Tsukuba University taught me that our DNA is only 3 percent active, indicating that the remaining 97 percent is still asleep within our bodies. To promote the well-being of the human race, it's our responsibility to activate as much of our DNA as possible. Why not access all that God has given us?

In general, most view DNA as the hereditary material in humans—genetic information that is passed to us from our parents, and further along our

lineage. Where will we end up if we continue tracking down our ancestors to the very beginning? Wouldn't we arrive in front of God, who created each of us?

If we can tap into 100 percent of our DNA, we can utilize all the potential that our Creator has given us. And if we can attain that, we can get a glimpse into His world. In this vast universe, God must have an infinite number of things to attend to. Perhaps he created us as substitutes to live in this "playground" called Earth. I have a feeling that God once said, "I'll leave Earth to you. Please take good care of it."

By the way, I mentioned earlier that we don't know very much about the potential of water. I believe that the amount we are aware of is at 3 percent, the same as the percentage of our activated genes—and the more we study water, the more we activate our DNA. God's intention is obvious if we look at the correlation between the increase in world population and the advancement of science.

About 2,000 years ago, the world's population was approximately 200 million, and it reached 1 billion in the early 19th century. By the end of the 20th century, it shot up to roughly 6 billion. It's hard to believe how dramatically the population has increased in a mere 200 years. So what might this indicate?

In the 20th century, along with the high use of oil, coal, and natural gas, industry and medicine saw monumental advancements. Population increased as technology grew more sophisticated and society as a whole became more wealthy. The result of the awakening of some of our subconscious power was an increase in world population.

Now, early in 21st century, our rate of growth is rapidly approaching the 7 billion mark, and I think we've reached the tipping point. The world is entering a new stage, and it's becoming more and more challenging to support humanity solely by "the knowledge of fire." (This refers to extracting energy from fire-based resources such as oil. It also points to a more materialistic way of life.) I'm not trying to deny the value of our past discoveries and innovations, which have greatly advanced civilization. However, in order to continue supporting every single human being, our way of life must change right now.

God has been hinting at this in different ways. It's not a coincidence that we've been experiencing a rise in natural disasters such as hurricanes,

earthquakes, and tsunamis. Global warming is another warning sign, as well as the disharmony among the peoples of the world, illustrated by terrorism and war.

Despite the negativity in the world, we must find a way to focus on love and gratitude. If we don't, I'm afraid that God will someday decide to give the entire universe a "fresh start." But how can we change direction now that we've arrived at the crossroads? I believe that the solution lies within water.

Our Consciousness Can Create a New Society

As I've mentioned, those who influence politics and the economy the most don't wish to explore the potential power of water, because water teaches us the following:

- *Live a life filled with love and gratitude.*
- *There is no need to fear death.*
- *God exists within us.*
- *We are all children of God.*

If the time came when we all shared those values, however, the structure of contemporary society would crumble. Making changes won't be easy, and those in power won't be willing to just give up their influence (that's why

some try to block the study of water). But nothing will change (and things will likely worsen) as long we continue to live in fear and violence.

If these "leaders" were the same children of God as we are, they wouldn't try to profit from war and environmental destruction, or throw the economy into chaos by taking unnecessary risks, which all adds to the fear and uncertainty in the world. Of course they also wouldn't try to prevent continued research on water, either—in fact, they'd promote and encourage it. They would know that acting in any other way would be going against the intention of the Divine. Unfortunately, though, this isn't what is happening, so I propose we look into the possibility that these individuals are "children from another God."

This isn't a new concept. Recently, more and more scholars have been confronting these individuals and exposing their hidden agendas. I myself have met with scholar and writer David Icke to discuss the topic of "the dark existence." Together, we co-wrote a book in Japan that was published by Tokuma Shoten. The title in English is *Toward the Fifth Dimensional Hado: This Is How the Mechanism of the Universe Will Change.* The release of this book itself was a gamble for me, but I decided to follow through because I wanted to spread this information to as many people as possible. I also wanted to share what I've witnessed while traveling the world over the last 20 years.

I have gone off the subject a bit, and the concept of a negative force in the world may seem unrealistic, but it's important to know that most of us who live normal lives wouldn't necessarily pick up on the dark associations that manipulate economic and political systems for their own interests. However, more and more people are waking up to this awareness. Take, for instance, the 2009 hit movie *Angels & Demons* (which stars Tom Hanks and is based on the best-selling book by Dan Brown), which exposes the underground fraternity of the Illuminati. Writings and films about this and other secret organizations are increasing by the year.

I can't help but think that many individuals around the world are starting to speak up in order to get closer to the truth. There's no need to fear these groups, but nothing positive will result from criticizing or attacking them. So what can we do?

For a start, I think we must affirm the past and let it go. We should express gratitude for the advances in science that allow us to enjoy comfortable,

convenient lifestyles. What is most important is our consciousness. Let me introduce the formula $E = MC^2$ from Einstein's theory of relativity because this clearly explains the significance of our consciousness.

Generally, the formula is understood as: *E*nergy equals *M*ass multiplied by the speed of light squared (represented as the letter *C*). One day, however, Juan Van Duc, a Vietnamese doctor who adheres to the mental immunity theory, explained to me that the *C* actually represents consciousness, *not* the speed of light. And it's true—our consciousness *does* travel as fast as light. Therefore, I plugged in the number of people for *mass*, and the formula now looks like this: Energy = Number of People multiplied by Consciousness squared.

I think what Einstein really wanted to say was that people's consciousness creates energy, and if more of us activate our consciousness, then more energy will be produced. At the time his theory was presented in the early 20th century, the world was in the midst of imperialism, and it was impossible to propose the idea that everything is created by each person's consciousness. Knowing this, perhaps Einstein passed his formula on to future generations in somewhat of a code.

Of course, we can't know the answer without asking Einstein himself, but I feel this strange connection with him that convinces me that there might be truth to this theory. This becomes a little personal, but let me quickly explain this unusual bond.

The word *Einstein* can be broken down into *ein* (one) and *stein* (stone). Coincidentally, my mother's name was Kazu Ishimaru; and when written in Chinese characters, *Kazu* means "one" and *Ishimaru* means "round stone." I find the similar meanings of their names striking. My mother, whom I loved and deeply respected, grew up during the early part of the Showa era, but she was a very modern woman and enjoyed painting and music, which weren't traditional female interests. I've been told that I resemble her the most out of all my siblings.

How Do We Wake Up Our DNA?

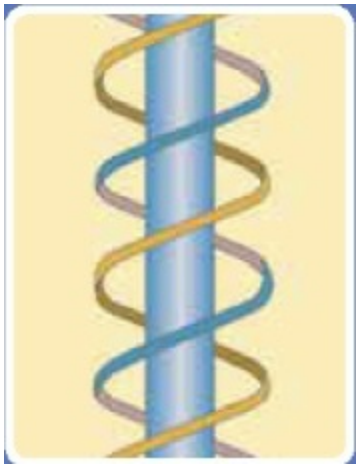
With the help of Dr. Van Duc, I devised the formula Energy = Number of

People x Consciousness^2, but I've recently come across something else to consider: our consciousness may be our DNA itself. Generally, all the genetic codes in DNA are passed down from our ancestors, but is this really so?

I believe that our ultimate ancestor is God, which would indicate that our DNA contains information from Him. About 20 years ago, Dr. Lee H. Lorenzen, who conceived of micro-cluster water, presented a memorable theory regarding the connection between DNA and water.

Of course, we know that DNA is in the shape of a double helix, but according to Dr. Lorenzen, water exists within it. The spiral contains the genetic codes passed on to us from our ancestors, and perhaps this "water pole" contained information from God. I believe that this is the treasure trove we've been looking for, and that God is saying, "You've been given everything from the beginning. You just need to become aware of it."

For the past 20 years, I've been working intermittently on various training programs for the Hado Institute and recently implemented a program for Hado counselors, and Dr. Hikaru Deguchi is the chief of that program. (He is the great-grandchild of Onisaburo Deguchi [a spiritual leader and co-founder of the Japanese religious movement Oomoto], as well as the director of an organization called Mekiki-No-Kai.) I met Deguchi 12 years ago, and we've been working closely ever since. In addition, he studied psychology at the University of Kansas, earned a Ph.D., and created a distinctive self-development course in Japan.



An artist's rendering of what Dr. Lorenzen's "water pole" might look like.

I mention him here because I believe that his findings can be linked to activating our DNA. Dr. Deguchi asserts that there are four traits in a person's soul: courage, love, familiarity, and knowledge. In order to know what our true purpose in life is, we must understand which trait we possess the most of. My own interpretation is that our real goal in life is determined by mixing our parents' genetic information with our authentic selves in order to see which of the four traits starts to stand out. (More detailed information on this topic can be found in Dr. Deguchi's book *Tenmei no Angou.*

What we need to pay attention to is something called *naohi,* which manages the four aspects of the soul. The more I thought about this, the more I wondered whether the water hidden within our DNA could be that naohi. When I pointed that out to Dr. Deguchi, he agreed with my speculation. Thus, the more naohi (the more water), the closer we are to connecting with heaven (the fifth dimension). I think that Jesus, Buddha, and Mohammed (and other spiritual leaders) must have understood this in order to access heaven.

So what can we do to activate the 97 percent of our DNA that we received from God? Should we be constantly studying, gathering as much information as possible? I don't think so. I believe the answer is to feel love and gratitude for water. The more we do so, the more we activate our DNA. I'm a good example of this.

As I've mentioned, I have visited 65 countries and have spoken in front of thousands of people throughout the last decade. Every time I give a talk, I receive a standing ovation and hear comments such as: "I was very moved," "Life doesn't seem so hard now," or "I experienced a great revelation." I'm also thankful that wherever I go, I'm always featured in the local news. However, I've never studied water from an academic perspective, nor do I pore over extensive scientific studies or New Age ideas. On top of that, I don't practice some type of special way of life that others would want to look up to or emulate. I'm just an average 65-year-old man.

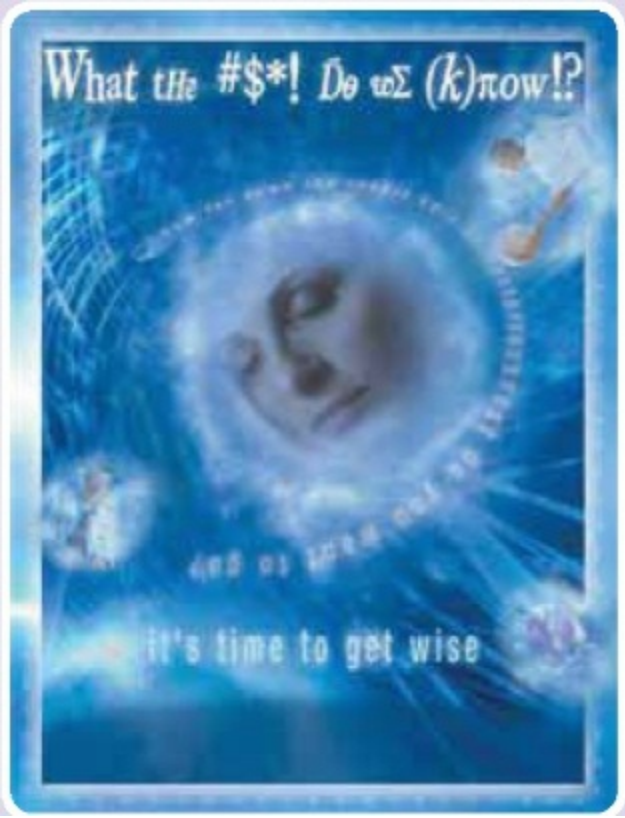
So how do I speak about topics that so many people around the world appreciate? This is purely because of water.

I've lived a normal life: I was in the music club in elementary school, I played soccer and sang in the choir in high school, and I was on the rugby team in college. After many different life experiences, I eventually came across the power of water. The more I questioned its mysteries, the more I was moved to simply start conducting my own experiments and research.

However, I didn’t study just to gain more knowledge. I only put forth hypotheses to answer my own questions or to gain a better understanding of something that intrigued me. Then I’d conduct an experiment and try to prove it. By repeating this process, my thoughts and insights would deepen, and most of all, my love and appreciation for water would grow stronger.

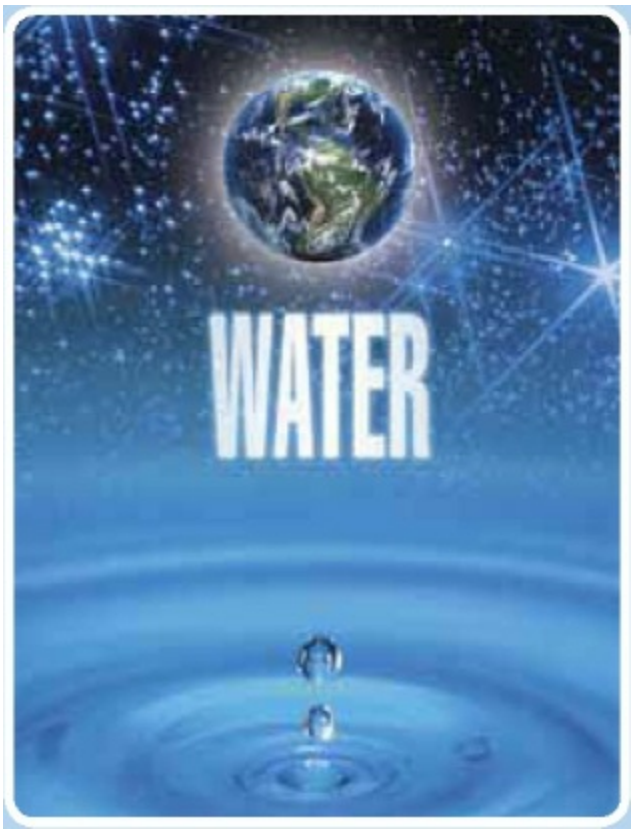
How was humankind created? How should we live our lives? Why can’t we eliminate poverty? What should we do to stop environmental destruction? Water has taught me the answers to all of these questions because it carries messages from God, and I was able to receive this wisdom by waking up to water. This can be attributed to more of my own DNA “waking up.” So if the percentage started out at about 3 percent, the closer I got to water, the more the percentage increased: from 3 percent to 3.1 percent, 3.2 percent, and so on. Eventually, I was able to tap into truths that I normally wouldn’t have been able to reach.

To my delight, more people became interested in the power of water, and two feature films came out recently that included my teachings and some of my photographs of water crystals. The first, *What the Bleep Do We Know!?,* was released in 2004. The main character, Amanda (played by Academy Award winner Marlee Matlin), is thrust from her unsatisfying life into a new world, a quantum field that’s hidden behind our waking reality. Water-crystal photographs play a major role in helping Amanda find joy and realize the meaning of life.



The poster for the movie What the Bleep Do We Know!?

The other is *Water*, a 2006 documentary produced by Saida Medvedeva, who hails from Moscow. This is an important film that considers the sacredness of water and scientific breakthroughs regarding its potential. Along with beautiful imagery, there are several scientists, researchers (including me), and religious figures who present their thoughts, philosophies, and findings. The main purpose is to show the ways in which water retains information. My water-crystal photographs play a major role—so much so that it can almost be said that my book *The Message from Water* was transformed into a movie. (An English version of the film, *Water*, was released in 2008, and the Japanese version will be produced and sold by me in 2009, so I hope you'll look for it and enjoy it.)



The poster for the movie Water.

I can only think that by opening myself up to the potential of water and learning from it, my DNA must have been awakened. Otherwise, it doesn't make sense that the water-crystal photographs prepared by an ordinary man like myself would be featured in such popular films.

In addition, as I've previously mentioned, my wife has played an enormous role in any success I've experienced. I'm currently working on a series of articles called "Grandpa and Grandma" for a magazine I oversee. (I started writing these so that I could pass on some of my life stories to my grandchildren.) As I looked back at various experiences and memories, I came to realize how much my wife has supported me over the years (and still does to this day). She has always been by my side steadfast through many ups and downs, and continues to be there for me as we travel the world together. I am full of love and gratitude for her, and I know without a doubt that her presence in my life has also helped to activate my DNA.

The Signs of DNA Activation

The activation of the other 97 percent of our DNA is the way to reconnect with God and also discover our subconscious hidden power. That is possible when we learn from water and live in love and gratitude.

So what are the signs that will tell us whether or not our DNA is activating? The answer is goose bumps and synchronicity.

When we're deeply moved—when we feel a quaking from the bottom of our souls—our skin breaks out in goose bumps. This mysterious physical reaction has nothing to do with our conscious thought process (which often gets in the way of truly feeling something). Because of what I do and my extensive traveling, I meet a lot of people and hear incredible stories, but I've developed a surefire way to confirm something's accuracy—and that "method" is whether or not I get goose bumps!

As a result of my own experiences, I'm convinced that nothing else is as precise, and I believe that goose bumps are a sign from our DNA, as well as from God. Why does our skin react in such a way? Well, because we are water, which loves a harmonious, beautiful vibration.

If goose bumps are signs from our DNA, then synchronicity—when a meaningful "coincidence" occurs—must be a sign from the fifth dimension. I think it works like this: People who are about to access the fifth-dimensional world start to share information at an unconscious level, which leads to experiencing these amazing, unexplainable coincidences or similarities. The only interpretation for these events is that they're a result of what I like to call "God's kind arrangement."

The double rainbow that appeared over Lake Baikal in Russia.

If you begin to experience situations that trigger goose bumps or occasional synchronicity, this is proof that your DNA is activated. The opening into the fifth-dimensional world becomes wider, as the distance between you and God decreases.

I'll share a recent synchronistic event: On August 3, 2008, my staff and I participated in a love-and-gratitude ceremony that was held at Lake Baikal in Russia. It was organized by Saida Medvedeva (the producer of the documentary *Water*) and was also filmed for part of the sequel to *Water*, which will be released in 2009. We prayed, sending love and gratitude to the polluted water, and recited a grand declaration to spark healing for the lake.

Three hours after our prayer (which lasted an hour), a huge rainbow appeared in the sky. Actually, there were *two*—one on top of the other! In Russia, rainbows are said to be blessings from heaven, showing us that our prayers have been heard. Many locals remarked that they'd never seen such a beautiful rainbow over the lake. We were deeply moved and knew that God had sent us an encouraging sign. For the rest of the day, we all felt very happy and content.

Following this, I witnessed *two more rainbows* all within a few weeks' time.

The second appeared on August 17 at Vancouver Island in Canada, right after I held a seminar before an audience of 700. Like the previous rainbow, it was wonderfully clear and radiant, and we were all touched and filled with joy.

The third occurrence was just five days later following a symposium on water in Zaragoza, Spain. It was a heartwarming gift to have witnessed three spectacular rainbows within three weeks. I was inspired and encouraged by these amazing events.

When I returned to Japan, I pulled out a world map and was awestruck when I marked the locations of the rainbows (check out the map on the next pages). They were equidistant from each other! This made me wonder if they had appeared to somehow cleanse the Earth, and it suddenly reminded me of the song “Over the Rainbow” from the movie *The Wizard of Oz*, which describes an idyllic world that exists beyond a rainbow. As I recalled the melody, I realized that rainbows are an entrance to the fifth-dimensional world, which stores everything we need to know in order to practice a new way of life.

The rainbow that appeared in Zaragoza, Spain (the photo was published in a local newspaper).

Have you seen any rainbows lately? They appear when you resonate with your heartfelt vibration. Let’s make beautiful rainbows together with the goal of spreading love and gratitude all over the world!

Sharing the Truth about Water with Our Children

Children are the hope for the future, but they’re faced with many challenges, especially in the school system. What is education? I believe its goal is to teach young people what is beautiful and what that idea really means, for when true beauty is pursued, harmony is achieved. This is because God’s intention is for humankind and nature to find balance, and to peacefully coexist.

We cannot say that a water crystal is beautiful if there’s no symmetry, but when each side is balanced, it resonates a wonderful energy. Water is teaching us that the most important thing is to live in harmony with others.

Kuroda Yoshitaka was a Japanese warrior who lived during the Sengoku era and was a direct servant of Toyotomi Hideyoshi, a feudal lord and chief imperial minister often regarded as Japan’s second “great unifier.”

Interestingly, Yoshitaka created five principles that asserted that the nature of water precisely represents how man should live. Perhaps these are the lessons we should be teaching our children. Here are the "Five Principles of Water":

1. The one who acts makes others act; this is water.

2. The one who seeks his own way and never stops; this is water.

3. The one who meets obstacles and multiplies his power; this is water.

4. The one who is pure and purifies those who are contaminated; this is water.

5. The one who fills the ocean, transforms to cloud, vanishes to fog, and freezes like a mirror but still retains his essential self in any form; this is water.

One theory says that these principles were based on the teachings of the Chinese philosopher Lao-tzu. The main theme of Yoshitaka's message may be to "live life by following the example of water." If we can teach this in a simple way to children, I believe that all of the problems that plague us will be solved. With their pure hearts, our young people will receive this message with no obstacles and begin to effect change.

To do my part, since 2006 I have been giving out free copies of a picture-book version of *The Message from Water* in the hopes of teaching little ones the importance of loving water and tapping into its wisdom. Known as the "Emoto Peace Project," our goal is to donate 650 million copies by 2015. The project is moving smoothly, thanks to the help of numerous individual donations and corporate sponsors. In fact, in one year alone, we were able to disseminate more than 100,000 books in 20 countries. I do think our ultimate goal is ambitious, but for me it's vital to share everything I've learned from water with my grandchildren and all of the children of the world.

The cover of the children's picture book The Message from Water.

In March 2009, I was invited to a Doga School in Turkey, which had received some of our books. (The word *Doga* means "nature," and the school's philosophy is to use the natural world as a teaching tool, cultivating open-mindedness and reverence for the earth.) The school had even successfully raised enough money to produce nearly 10,000 Turkish versions of the book. While I was there, I was inspired by the children's and staff's self-initiative and energy, as well as their genuinely cheerful attitudes; and I was moved by their concentration and enthusiasm during our presentation. One memorable moment for me was when a very young student approached me, saying, "I love you, Dr. Emoto," as he handed me a card he'd made.

I also toured schools in Indonesia with Christina, a local educator, and Suzie, who translated my book *The Hidden Messages in Water*. They're both working hard to distribute the children's picture book. A couple of the schools I visited really stick out in my mind.

For example, when I entered St. Aloysius School in Bandung near Jakarta, I was welcomed by a beautiful song sung by the students. And I was excited to see that after reading my book, the children were inspired to conduct their own experiment with spinach. They used three spinach plants: the first plant was exposed to pleasant music and the words *thank you* were often repeated

to it; the second was exposed to pleasant music but wasn't spoken to at all; and the third plant wasn't exposed to music or spoken to.

The children were eager to share their results with me. The first plant had grown and displayed large, healthy leaves; and the second one, not surprisingly, hadn't grown as much but was still prospering. When I looked at the third plant, I was surprised to see that it looked similar to the other two; however, the teacher told me to examine the leaves. I did so and was shocked to see that the plant that had been ignored was infested with bugs, and many of the leaves had been eaten.

From this result, I was able to suggest that this phenomenon represents what's happening to young people these days. The spinach had changed according to its environment, and people also adapt (whether positively or negatively) to their environments. The plant that was ignored and not stimulated in any way at first glance seemed okay, but its immunity had been lowered, which allowed insects to attack it. I reminded the students that although they may appear healthy, without proper "stimulation" (such as developing a love of learning and a compassionate, grateful heart), they may grow up with weakened, vulnerable systems. I believe this experiment provided the students with a very valuable lesson.

I visited other schools in Jakarta and was struck by the students' great interest and consciousness about water. At one school in particular, about 1,000 copies of my book had been passed out, and the children were encouraged to carry out their own versions of a water experiment. I was

impressed and moved when I attended their very intelligent, organized presentations. The type of ideal education that I've thought about in my mind was actually already there in Indonesia. I hope to spread this kind of open-minded educational system to as many places as possible.

It's my belief that these young people will lead the world in a better direction. With their enthusiasm and smiles as my inspiration, I'm determined to achieve my goal for the project, which, as I mentioned, is to deliver 650 million copies of the book to children throughout the world.

That figure is significant because it represents 10 percent of the population. According to the study of Effective Microorganisms developed by Dr. Teruo Higa, in the world of microorganisms, 10 percent is positive bacteria and another 10 percent is negative bacteria. The remaining 80 percent, known as "opportunists," have both positive and negative properties. The opportunists will merge with the one that has a larger proportion. So if the negative bacteria increase by just one percent, the 80 percent of opportunists will transform into negative bacteria.

If we think about the fact that everything resonates, couldn't we say that humans experience a similar reaction? I continue my work in this project because I strongly believe that the answer is *yes.*

What's Happening in the World Today

As a result of my travels, I've come to believe that the state of the world seems to gradually be turning toward the positive. Not long ago, I feared that we were moments from Judgment Day, but things are increasingly looking brighter. Of course, many dire problems still exist, including the overuse of our natural resources as well as pollution, poverty, and rampant wars. However, the more I travel, the more I feel that our consciousness is rising and a "network of hope" is spreading. I'm especially encouraged by the fact that water continues to create such beautiful crystals.

In order to experience that shining beauty in your life, you must live each and every day filled with love and gratitude. The light of a full heart not only brightens your life, but also illuminates the lives of everyone around you. As more and more hearts "light up," the entire world will brighten and bring us closer to peace.

This isn’t difficult to achieve, and a wonderful example of this is when I visited a school for disabled children in Santiago, Chile, in November 2008. At the center, there were about 20 dogs (mostly golden retrievers) that were always around, and they seemed very fond of the children. Whether the students were playing or sitting quietly at their desks, the dogs were by their sides.

What surprised me the most occurred during nap time: as everyone settled down to rest, the dogs lay beside the children, who actually rested their heads on the dogs’ soft bodies as if they were pillows. And they all fell asleep like that! The dogs didn’t seem to mind and actually appeared quite comfortable. We were amazed, and my wife (who has a weak spot for dogs) joined the children and took a nap there as well.

Later in the day, I was shown the area where the dogs are kept, and everything made sense to me. At the bottom of the tank that held the animals’ drinking water was a picture of the love-and-gratitude crystal. I was told that someone had placed the photo there two years ago, and since then, the dogs seemed calmer, more caring, and even healthier.

Afterward, I was led to a pool where the words *love* and *gratitude* were written in Spanish on the pool’s inner wall. With awe in my heart, I returned to the classroom and found the students placing water-crystal photographs on coasters for the guests.

Loving communication between dogs and children.

The wall of the swimming pool says love and gratitude in Spanish.

The students help make coasters with pictures of love-and-gratitude crystals.

Because dogs and children have pure hearts, they were able to easily take in the energy of love and gratitude. That is a day I'll never forget, as I have never felt such a positive and happy vibration from one place.

As you've seen, it's very simple to live a life of love and gratitude. On the other hand, if you try too hard or overthink things, your life may actually become more difficult and stressful. Know that the best way to shine is to

follow your heart and express loving-kindness to everyone you encounter. Always remember that water will show you the way, no matter where you are or what you're doing.

When you look at a water crystal through a microscope, you can see countless other crystals behind the one you're focusing on. It's as if an extended universe exists within a tiny drop of water. When I get a glimpse of this beautiful world, a single thought comes to mind: once we activate our DNA to its full potential, a door to a new way of life will open. When that happens, our hearts will be filled with love and gratitude for each other and the entire planet. Imagine what a wonderful world that will be!

CONCLUSION
IMPROVING IMMUNITY WITH THE ENERGY OF LOVE AND GRATITUDE

Just as I was finishing this book, the H1N1 virus ("swine flu") started to show its potential as a pandemic, and many people were beginning to panic.

As a doctor of alternative medicine, a student of hado, and a researcher and observer of the power and potential of water, I feel that it's my obligation to provide the most accurate advice concerning this virus. In short, if your heart is filled with the energy of love and gratitude, you won't be in danger because that powerful energy is the immunity that God has given you.

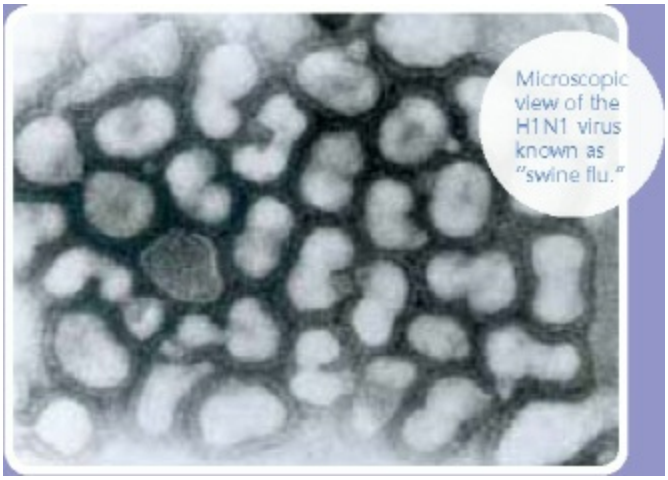
What is a virus? Its true characteristics remain a mystery, even to those who study its many strains. One thing that researchers do know is that it contains both biotic (living) and abiotic (nonliving) properties. When I first heard this, I wondered if a virus would react in the same way as other living objects if I were to tap into its hado (vibration).

This reminds me of the time when one of my hado instructors, "K.," came to me with an urgent request, saying, "My employer's son has been in the hospital and recently contracted a bad infection. He's in critical condition. Can you help him?" (This incident occurred back when I was still practicing individual hado counseling.)

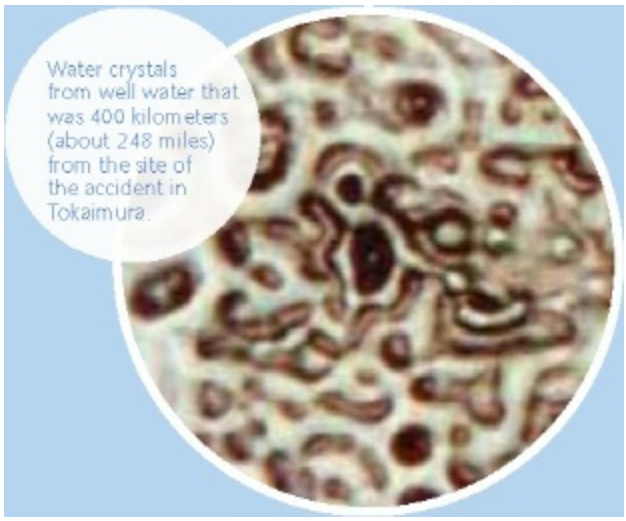
K. seemed desperate, so I quickly replied, "Okay, let's see what we can do." She had a photo of the boy with her, and I placed it on a hado-measuring device called a Magnetic Resonance Analyzer (MRA) and started to assess his hado. As if peeling away the layers of an onion, I would pick up a negative hado and neutralize it, then find another one and do the same, and so on. By the tenth layer—about two hours into the process—I came across a "code" that I had never seen before, yet I felt as if I'd reached the core of the boy's illness. As I looked intently at this unusual formation, I discovered that it contained the name of a virus, so I quickly made a sample of water with the hado that would neutralize the virus for my friend to take to the hospital right away.

The next morning, K. called with an update on the boy's condition: "He's all better! The doctors are surprised and can't quite explain what happened. His family and I can't thank you enough!"

This was my first experience in diagnosing and actually curing a viral infection. This made me certain that hado treatment was the best way to deal with a virus (and other illnesses and diseases), and I successfully resolved similar cases after that incident. Therefore, I can explain precisely what to do concerning recent outbreaks, such as the H1N1 virus. Let's first examine a few images. The following is a photo of H1N1 as seen through an electron microscope:



Here is something a bit different: the next image is a water-crystal photograph from a sample of well water taken from Tokaimura, Japan, following an accident in 1999 when radiation leaked at a uranium reprocessing facility.



This is an eerie thought, but don't these images look similar? What could that be telling us? The final photograph was taken after the well water (which had obviously been contaminated by radiation) was exposed to the hado of love and gratitude to boost its immunity.

As you can see, the water created a beautiful crystal. After many experiments over the years, I can say that without a doubt, the hado of love and gratitude neutralized the radiation's poison that was negatively affecting the water.

I can also share a story that backs up the claim that positive emotions can offer us protection.

The 1986 nuclear meltdown at Chernobyl in the Ukraine was an unforgettable, tragic accident with horrific long-term effects for those who survived the disaster but were exposed to radiation. In addition, many people

were forced to permanently leave their homes that were in close proximity to the site. However, Alexei, a young man from the village of Budische in Belarus (which is about 111 miles from Chernobyl), and some 55 other villagers, never left their home despite the orders to evacuate. (Alexei, who was in his 30s, was the youngest resident to stay; the rest of the village's inhabitants fled, leaving Alexei to help care for the 55 elderly people who remained.)

How could they live in this village without being affected by the radiation? This is due to a nearby spring that serves as their water source, and is said to be 100 years old. Alexei and the other villagers must feel tremendous love and gratitude for the springwater that sustains them and allows their village to thrive. I think that this act of trust was the reason why the water never showed any signs of contamination. The power of water never ceases to amaze me. (Alexei's remarkable story was made into a documentary called *Alexei and the Spring.*

Take another look at the first two photos. As I mentioned, I believe that viruses and radiation are semibiotic creatures that share common properties. If this is so, it's possible that the hado of love and gratitude, which neutralized the poisonous effects of radiation, could also be effective in treating today's pandemics, such as the swine flu.

After much research, I do believe that viruses contain hado properties. Thus, in order to prevent yourself from becoming ill, the most effective and reasonable response is through your hado. And this means to live every day with your heart full of unconditional love and gratitude. (Another easy and effective thing to do is to place a label that says *love and gratitude* on your water bottle, and drink from it daily.)

Everything in this world happens due to the law of resonance. When you experience negative feelings such as worry or fear, there's a greater chance that a virus will find its way into your body, but when you maintain a positive, compassionate spirit, illnesses will just pass you by and do you no harm.

From the bottom of my heart, I urge you to start living with love and gratitude, and remember that all of the answers lie in water.

AFTERWORD

I am writing this on May 22, 2009, at a hotel in Prague in the Czech Republic. I will turn 66 two months from today. This time, I'm on a world tour lasting 35 days, and when it's finished, I'll have passed through Washington D.C.; Sofia, Bulgaria; Budapest; Prague (two times!); Vienna and Salzburg; Utrecht, the Netherlands; Dublin; Lisbon; Hong Kong; and finally back to Japan. My incredibly busy schedule will continue, as two days after I return home, I'll leave for California.

I've been traveling at this pace for nearly a decade. The longest tour wasn't "around the world in 80 days," but *81*, to be exact! When I first started touring and speaking publicly, I couldn't explain how or why all this came about, although I finally understand everything now (I'll share my thoughts about that in a moment). Over the years, I've received countless invitations to speak to organizations throughout the world, and even though I can't accept them all, I appreciate each one, for I know that more and more people are opening up to the power and potential of water.

Unfortunately, I'm not as physically strong as I once was. My busy schedule has taken its toll on my body, as it is now difficult for me to walk long distances and the vision in my left eye is quite poor. So lately, I've relied on my wife's support even more.

My doctor tells me to avoid taking such lengthy trips, but I continue to disregard his advice (one year, I spent just 50 days at home!). Why? Because I feel that I must. And, of course, I really enjoy sharing my work and meeting people from all over the world. I also have this fear that if I stop, I won't be able to get going again. (My wife says that I'm like a bicycle in that way.) Most important, this is a vital period for Earth and all life-forms. I won't rest as long as I know people need me.

What makes me feel this way? Well, about eight years ago, I decided to meet with a healer who could access people's past lives in order to glean insights and counsel individuals on their true life purpose. At the time, I had been traveling and lecturing as a water researcher for about two to three years and regarded these trips as informational seminars—in other words, I was

just an average author/researcher who happened to have two best-selling books (*The Message from Water* and *The Hidden Messages in Water*).

Eventually, however, I started to notice that people were treating me differently—as if I were some kind of savior who had appeared before them. As this sensation in me grew, I began feeling a great deal of pressure and certainly didn't want people to regard me in that manner. This is why I asked one of my staff members to find someone who could delve into my psyche (and beyond) to explain why this was happening to me and how I could best handle it. Soon after, I met with a powerful oracle, and this is what she told me:

> "Mr. Emoto, you are the guru of water.
>
> "Since antiquity, you have been reborn many, many times as a revered teacher, including the era of the Mayan civilization and even among the Native Americans. Unfortunately, you weren't able to successfully reach your people, mainly because you allowed them to rely on you too much instead of encouraging them to act on their own.
>
> "In this life, you were born as an ordinary man so that you would not repeat this failure. However, you carried the sacred knowledge within, which you discovered when you were 50 years old. My counsel is for you to proceed without hesitation. Walk your present path sincerely and earnestly."

Shortly afterward, a shaman of the Cherokee tribe visited me in Tokyo and said the following: "You were reborn about 700 times, and in each lifetime, you were a master of water and hado. My great-grandfather once told me that I would meet a man who traveled the world carrying tuning forks. Now I see that it is you."

Although I was surprised by this astounding information, I was tremendously encouraged and even relieved because it helped dispel my doubts. I also finally understand why I sometimes seem to just know or remember things, and why when I meet people, I often immediately feel as if we are old friends, even allies.

When I first examined the Mayan calendar, for example, I thought to

myself, *I know this from long ago. Why isn't it used now?* Even before knowing why, I supported this system. In addition, whenever I meet indigenous people (regardless of where I am in the world), they receive me as if I am their true brother, and we always partake in a ceremony for the water. In particular, I share a profoundly deep bond with Mr. Vernon, an elderly man of the Hopi tribe of Arizona.

From Japan, I was attracted to the "Takenouchi Documents," even though I don't have much knowledge of ancient history. (These are said to be the oldest documents in existence, which contain a detailed history of the world and the origin of humankind.) Interestingly, the Heitate shrine (which I mentioned earlier as a place of high hado energy), is considered the origin of the documents. Wado Kosaka was well known for his knowledge of the documents and wrote a fascinating book about their meaning and significance today.

Among all the mysteries I can recall, what I'm most anxious about is the fact that there is no writing in the Mayan calendar after December 23, 2012. Recently, many people have become more familiar with this date as "the day Earth enters the photon belt," "the day the world ends," or "the day of ascension." I believe that I must study this matter seriously, especially since I was the water guru (so I've been told!) during that ancient civilization.

Whether or not something will actually happen on that day, my goal is to continue spreading the word about activating the full potential of our DNA, for when we do so, we will better understand (and know how to deal with) whatever lies in the future.

As we approach that mysterious day, I plan to continue traveling as a water missionary. My ultimate desire is for all people to know the messages of water, and live a life of love and gratitude. And if you happen to see me in your corner of the world, please offer me your encouraging words.

With love and gratitude to
everyone in the world,

Masaru Emoto

ACKNOWLEDGMENTS

I would like to dedicate this book to my wife, Kazuko, who helped me self-publish my book *The Message from Water*. Thank you so much, and please keep helping me walk around the world!

I would also like to send my love and gratitude to writer Ms. Chifumi Eto for her wonderful cooperation in creating this book. Thank you also to the editor of Business-sha, Ms. Fumino Takei, for expediting this book; and I send her my love and gratitude for taking on such a challenging request.

Finally, I would like to send my true appreciation to everyone from International Hado Membership. Because I have your support, I can overcome any obstacles I face and continue my work.

And I must offer deep appreciation to Mr. Masaya Sato, who took the photo of the love-and-gratitude water crystals, which is the theme of this book. I thank you so much for taking that beautiful photograph. Mr. Sato is now the editor in chief of the magazine *Love and Thanks* (which is produced by Office Masaru Emoto, LLC), and he continues to provide all of us with much love and gratitude every month.

It has been almost 20 years since I first practiced hado measurement and counseling; and during this time, I've met so many wonderful people who have assisted me and who have helped distribute my books on my behalf. I would like to send my deep appreciation to all those who have inspired and encouraged me.

Finally, I would also like to thank every staff member of the IHM Corporation and Office Masaru Emoto, LLC, who has supported me and my work. Without your great efforts, I wouldn't be able to publish books, conduct seminars, and travel as the missionary who conveys messages from water. There isn't enough space to include everyone's name here, but I would like to send love and gratitude to all of you from my heart. Thank you so much!

Masaru Emoto presents Louise Hay with the photo of a beautiful water crystal that was formed by the words You Can Heal Your Life, which is the title of Louise's best-selling book.

ABOUT THE AUTHOR

Masaru Emoto was born in Japan in July 1943. In 1986 he established the IHM Corporation in Tokyo. In 1992 he received a certification from the Open International University as a doctor of alternative medicine. He began to discover the mystery of water as he learned the concept of micro-cluster water and Magnetic Resonance Analysis technology. At length, he realized that it was in the frozen crystal form that water showed us its true nature.

Emoto has gained worldwide acclaim through his groundbreaking discovery that water is deeply connected to our individual and collective consciousness. He is the author of the best-selling books *The Message from Water*, *The Hidden Messages in Water*, and *The True Power of Water*. In addition, he is the President of International Hado Membership and the President of Office Masaru Emoto, LLC, where he focuses much effort on world peace through a children's endeavor called the Emoto Peace Project.